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Is an award winning chef out of Boothbay, Maine. He is the author of GrapplerGourmet.com, a comprehensive guide to cooking for the jiu-jitsu lifestyle. On the mats he is a blue belt out of PSABJJ in Brooklyn, NY, and a personal chef off the mats. Follow MacKenzie at **facebook.com/grapplergourmet**.

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Is a brown belt under Sonny Achille. In addition to owning Artechoke Media, Marshal is the author of books like The Cauliflower Chronicles and Marcelo Garcia's Advanced Jiu-Jitsu Techniques. His latest project is whitebeltproblems.com, a free open-source resource devoted to making jiu-jitsu more accessible for beginners.

PATRICK **FLORES**

Is currently a jiu-jitsu purple belt under Gracie Barra's Rafael "Moskito" Oliveira. He has a bachelors degree in history and is currently working on an MBA. His jiu-jitsu photography can be seen on Instagram under the name **patjflores**

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Jeremy is a nutritionist and strength coach who works with MMA and jiu-jitsu champions. He obtained his master's degree in exercise physiology from Baylor University. He is a brown belt under Robert Drysdale.

Look for us online:
@jiujitsumag

ON THE COVER

Anderson Silva - One of the greatest in the octagon shows us some greatness on the mats. Photo: Jason Boulanger

022 **GRUB: COOKING COUNTS**
There's More Than One Way to Cook It!

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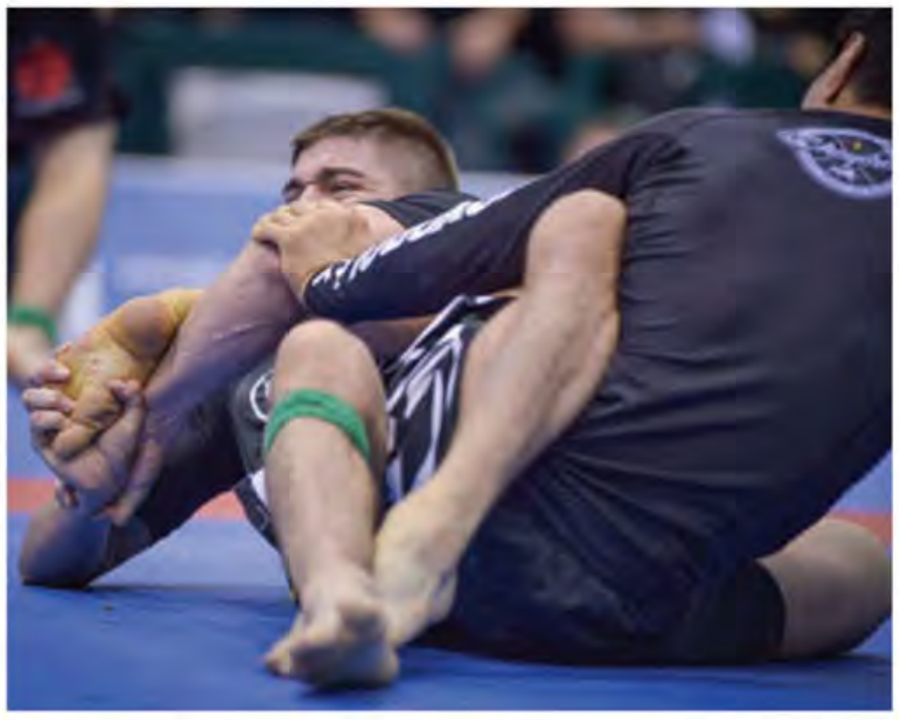
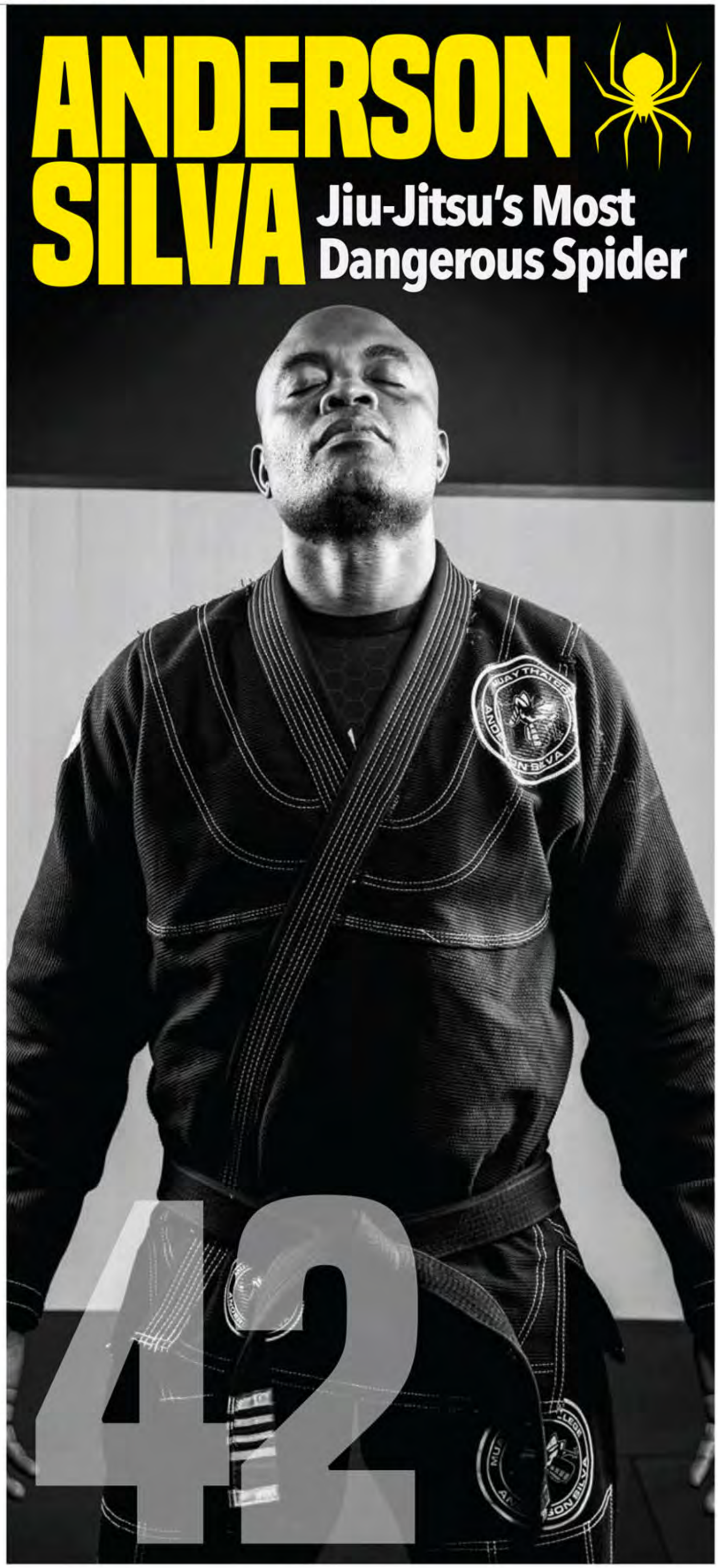
Judo and Jiu-Jitsu Black Belt Wins Silver in Rio!



080 **SKILLS: LEG LOCKS**
What you need to know before you start attacking the legs.



EDITORIAL

MADNESS? THIS IS SPARTA!

TUNE INTO ANY PPV GRAPPLING TOURNAMENT RECENTLY AND YOU'RE BOUND TO WATCH TWO HIGHLY SKILLED ATHLETES GOING AT IT WITHOUT A GI ON AND ATTACKING EACH OTHER'S LEGS. NOW, CONTRAST THAT WITH YOUR AVERAGE JIU-JITSU STUDIO AND WHAT DO YOU SEE? People of all shapes, sizes, and ages training in the gi and NOT attacking the legs. Yes, there some exceptions to everything I've said so far, but for the most part, I think my assessments are accurate. What appeals to the "relative" masses (I put relative in "Air Quotes" because I really don't know how many people are actually tuning in to these PPV events) isn't necessarily something we all want to engage in. Once again, I'm speaking in general terms. When I say "all", I mean the average jiu-jitsu practitioner- the 28 to 35 year old four-stripe white to two-stripe blue belt. As I've gotten closer to earning my black belt, I've become more and more aware of foot and leglocks, both out of necessity and curiosity. It's a whole different game. I've always looked at my jiu-jitsu as defense first. It takes some time to figure out how to properly defend a toehold or kneebar. Roll or turn the wrong way and it's "Snap City" as Mr. Garry Tonon likes to say. Once you know the defenses, you can now figure out how to properly attack the legs with the knowledge of cutting off those defenses.

Recently, someone on my Facebook feed posed the question whether or not leglocks like toeholds and kneebars should be legal for white belts. The answer seemed like a no-brainer for me, which is NO. However, I was surprised to see how many people responded in the affir tive. It was the minority opinion, but an opinion nonetheless. Their argument was akin to Crypteia, the Spartan right of passage we learned about by watching 300. I think some wisdom went into the rules calling for most leglocks to be reserved for brown and black belts. FIVE Grappling allowed kneebars at purple in their tournaments. I think that was a good adjustment to the rules and helps prepare purple belts for dealing with leglocks as they continue to progress. However, opening the door to leglocks at white and blue belt could be a big mistake in my view if you're not ready. In jiu-jitsu, the more you know, the less you really know. Introducing the leglock game too soon in someone's journey could be a mistake in my opinion. I think without a doubt we'd see more injuries, both to the knee, which can be devastating, as well as to to the ankle. The ankle joint is not a muscular joint- it's supported mostly by ligaments. Once those ligaments are stretched, the rate of injury recurrence is very high. Not everyone is a young stud (my definition of stud includes women as well) that will heal back up in a day. Most of us have jobs and other commitments that mean being injured and being unable to walk for any length of time would really suck. Now, of course there are exceptions. Some schools jump right into leg locks early on. That may work for some, but as a whole, I don't agree with it. Regardless of whether or not you agree, I hope we all continue to enjoy watching the exciting grappling that's come out of this leglock renaissance. However, temper that with restraint from pushing leglocks onto the masses at lower ranks. Agree or disagree, I'd love to hear your view. Feel free to email me with your thoughts.

On a related note, if you do want to delve into leglocks, Emil Fisher has done a great job of writing a primer for those of you wanting to explore this part of the game. Check it out on page 80.

Keep Rolling,

MIKE VELEZ
Publisher/Editor
MikeV@jiujitsumag.com

NOTES:

1. Didn't I just reference 300 in an editorial a few months ago?

2. Straight foot locks are legal at all adult belts including white.

jiu-jitsu magazine

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Some of the techniques described in this magazine can be dangerous. Always practice safe procedures and use common sense. Recon Media Inc., and the Publisher can not be held responsible from any injuries or damage caused by these techniques. Perform at your own risk.

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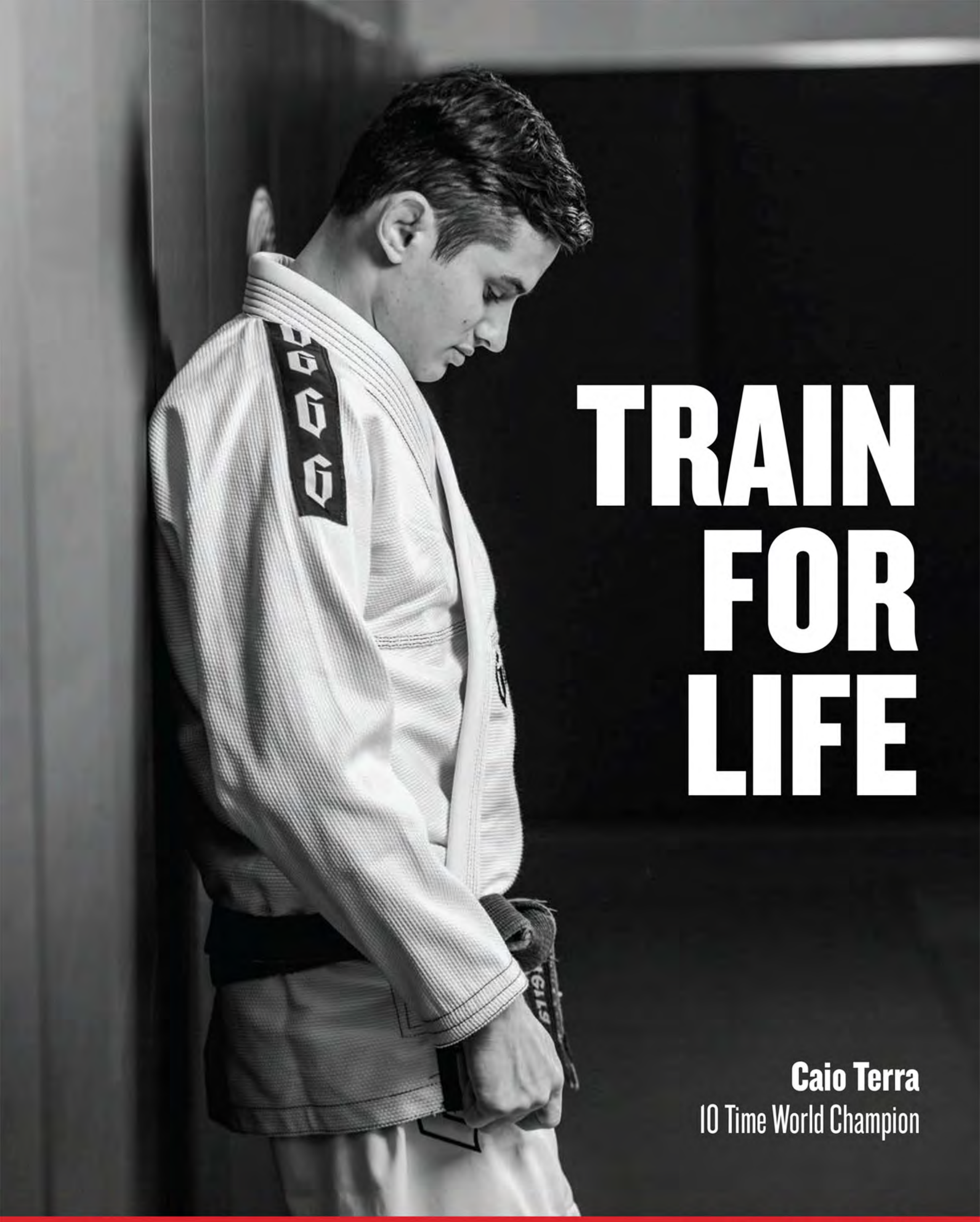

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WEIGHING IN

NICE RING TO IT

WEDDING RINGS ARE A SYMBOL OF ETERNAL LOVE BETWEEN YOU AND YOUR SIGNIFICANT OTHER. MANY PRACTITIONERS NEVER REMOVE THEIR WEDDING RING OUT OF DEVOTION TO THEIR BETTER HALF. This isn't the safest thing in jiu-jitsu class. Don't believe me? Google wedding ring jiu-jitsu accident and be warned as the images are not for the faint of heart. Fortunately, BJJ Rings have developed a silicon ring that allows you to show your commitment without the risk of training with a medal wedding band. Even if you're not hitched, you can still wear one of these. They're available in white belt through black, and each is available in eight different ring sizes so you know you'll get the perfect fit. They're very high quality and under $20!

bjjrings.com

THE ENDLESS SUMMER

In order to celebrate the 50th anniversary of the iconic surf film, The Endless Summer, Bad Boy apparel has released a limited edition gi featuring a lightweight design and ultra soft CoolMax fabric. If comfort is your desire, the Endless Summer gi will not disappoint. The CoolMax fabric runs throughout the entire inside all the way down to the cuffs of the sleeves for maximum coziness. The jacket is 450 GSM pearl weave with 8oz rip stop pants which will ensure you keep the summer vibes around as long as possible. This is a very limited run gi so hurry up, the summer may never end, but this offer will!

badboy.com

GRAPPLERS IN THE HOOD

Feeling a bit cold at tournaments? Do you wear your hoodie under your gi top? Or maybe you just want to rock a hoodie before or after class. Check out the Trujitsu Ezra gi with a built in hoodie! The Patented Zipper Design allows for the hoodie to be removed when it's time to roll! This is an absolute first you have to see to believe. This 350 pearl weave gi is 100% cotton. It also features a 100% cotton hoodie that is detachable via a soft fabric zipper. With embroidered graphics and an EVA foam lapel, this gi will have you walking around in Trujitsu style.

thetrujitsurevolution.com

FUJI TAKES ON FITNESS

Fuji is a company always innovating, from gis to mats to tournaments, there's no corner of jiu-jitsu that Fuji doesn't touch. Now, they're looking to take over the fitness and training space with FujiFit, a line of training equipment ideal for grapplers. Some of the first products available from FujiFit include a line-up of soft-sided kettlebells. They're soft sided so you don't have to worry about damaging expensive floors or banging the bells into each other. Initially these are available in 10, 20, and 30 lb options. Need something to throw around? How about this medicine ball, available in four weights from 10 to 25lbs - it's durable and soft. Other new products include battle ropes, jump ropes, soft pl o boxes, agility ladders, foam roller, and a whole lot more. You have to go to their site to see the rest.

fujifitness.com

WEIGHING IN

TAPS FOR TAPS

Free beer and Brazilian Jiu-Jitsu. What more could you ask for on a Saturday afternoon? Taps for Taps was a unique jiu-jitsu tournament held at Newaza Apparel HQ in Southern California. Local breweries and jiu-jitsu practitioners came to watch purple belts battle it out in a no-gi, sub only format. The matches were exciting and the beer was delicious. We applaud Newaza for helping spread the art of jiu-jitsu and continuing to help grow the sport.

newazaapparel.com

JOURNAL IT

If you're like me, if you don't write things down, they're sure to be forgotten. Imagine how much more you might remember when it comes to your jiu-jitsu if you did the same thing and wrote it down. I'm talking about you journaling your training. Keeping a journal handy with you when you go train is a great idea. A new company called Jitz Journal has two new journals that are perfect for any grappler. Unlike other journals that track your training days, the Jitz Journal is broken up by position. So let's say you were working your mount today, you'd go to the mount section and make notes in there. It's available in both red and black, and the black version includes basic position instruction. Both are available for under $25 and are pretty high quality.

jitzjournal.com

FOR AFTER CLASS

Although the BJJ Ring is perfect to wear while rolling, maybe you want to show off after class. Show your love and dedication for the art of jiu-jitsu by sporting a BJJ Bracelet. It won't make your jiu-jitsu any better, but maybe you'll catch the eye of someone else that rolls and be best friends forever. Naturally, these come in your desired rank and are available on Amazon and Ebay. One will set you back $7 but that's a small price to pay to let everyone know you're down with the cause. Search "BJJ Sili Bands" on Amazon.

amazon.com

KOYOMI MATSUSHIMA
TOKYO, JAPAN

WEIGHING IN

EBI 8

Sponsored by Hypnotik and bjjwarehouse.com

GORDON RYAN REMAINED UNSTOPPABLE ON THE MATS AT THE EDDIE BRAVO INVITATIONAL. AFTER WINNING THE OPEN CLASS DIVISION IN APRIL, THE PRODIGY BLACK BELT UNDER JOHN DANAHER WENT BACK TO THE ORPHEUM THEATRE, IN DOWNTOWN LOS ANGELES, AT EBI 8. This time, he was after the belt in his own weight class, the Middleweight Division. Here's is how it all went down:

THE FIRST ROUND

The program opened with Ryan quickly catching Matt Arroyo in a heelhook. Then, Mike Hillebrand also needed little time to finish Aaron Johnson in a heelhook. In the third match of the day, the footlock was the weapon of choice for Josh Hayden to beat Kyle Chambers. The fourth match was the first to make it to the overtime as Devhonte Johnson caught Lucas Rocha with a rear naked choke.

On the other side of the bracket, Eduardo Telles and Matt Secor made it all the way to the end of the third overtime, and the Brazilian advanced for using less time to escape the three submission attempts. Then, Kyle Griffi caught Quentin Rosenzweig with an anklelock to advance to the quarterfinals. Joe Baize also made to the quarterfinals with a heelhook finish on Erza Lenon. In the last eight final match, Felipe Fogolin managed a kneebar to finish Rob Greenidge.

QUARTER FINALS

At 2:05, Gordon Ryan worked his way to Mike Hillebrand's back to sink in the RNC and make it to the semifinals. Josh Hayden also made to the semifinals after catching Devhonte Johnson with a kneebar.

The third semifinalist was Kyle Griffin who was able to beat Eduardo Telles' awesome defense and get a heel hook in place. Griffin's opponent in the second semifinal would be Felipe Fogolin, who caught Joe Baize with a RNC.

THE SEMIFINALS

In what Gordon himself considered the toughest moment of the campaign, Josh Hayden and he made it all the way to first overtime to decide who would make it to the final. It was only then that Gordon got a RNC in place to win.

The second semifinal was the most thrilling match of the evening, thanks to its insanely dramatic final seconds. After a tough 10 minutes of regulation time, Kyle Griffin nd Felipe Fogolin went to the overtime. In the second round, Griffi got the Fogolin to tap with an armbar in 21s. Then Fogolin was able to catch Kyle in an armbar too but couldn't stretch Kyle's arm thus not getting the tap in time.

THE FINAL

The Middleweight Belt knew its first owner after less than 60s of the final match. Gordon Ryan quickly worked his way to the heel hook and Griffi could do nothing but tap.

Johnson vs. Rocha

Telles vs. Secor

Hayden vs. Johnson

Fogolin vs. Baize

Ryan vs. Hayden

Griffin vs Fogolin

Ryan vs. Griffin

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THROW YOUR BUDDIES AT HOME!

Proper grappling mats are not the same as the ones found in your kids' playroom. Grappling on kids' puzzle mats don't provide nearly as much support or padding as something designed to actually take a breakfall. Thankfully, Greatmats has a puzzle mat that is 1.25 inches thick and affordable. This durable, EVA high-density foam tile installs as easy as other puzzle mats but is engineered for the rigors of grappling. In addition, these tiles are also waterproof and non-absorbent. Perfect for your home studio or even academy.

greatmats.com

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Kick It with People Who Train

Jiu-jitsu practitioners are from all walks of life. Mik Milman is a Los Angeles based photographer who set out to photograph everyday practitioners of jiu-jitsu. He's worked hard on his project but would like to continue to expand it to other locations. He's started a Kickstarter with the goal of keeping the project going. Well, it didn't take long and Mik reached his goal. So look for more great photography coming our way.

peoplewhotrainproject.com

Renzo vs. Hughes

The ADCC recently announced that a grappling super fight would take place between legendary fighters Renzo Gracie and Matt Hughes. They originally met at UFC 112 when Hughes got the better of Gracie. The two will now face each other at ADCC in 2017. It should make for an exciting grappling match!

adcombat.com

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GOING, GOING, GOING, LEG LOCK

Garry Tonon black belt Gordon Ryan submitted Keenan Cornelius during a sub only super fight hosted by Grappling Industries in NYC. After a long arduous 90-minute no-gi battle, Ryan was able to submit Cornelius with a heel hook. It was an impressive victory for the young Gordon Ryan who was able to eventually secure a finish with the IBJJF veteran. We look forward to future competition between the two. For future Grappling Industry dates, check out their website.

grapplingindustries.com

ROLL: A BJJ TRAINING APP

Ever want to take your training into the 21st century? Roll is a training app that helps you do just that. It provides academies and jiu-jitsu fighters a way to manage their attendance, and training stats. It allows you to record whom you rolled with, and what transpired in order to analyze your progress and compare yourself to others in your school or even at different academies. Launching 2017.

rollanalyticsapp.com

YIKES!

There's nothing more scary than a hard charging green Brazilian, especially if their name is Blanka! Now, you can roll like Blanka thanks to this limited edition, fully licensed gi from Fusion Fight Gear. The upper arms feature woven patches of Blanka doing his signature moves. On the left, Bl nka can be seen shocking his opponents with his "electric thunder", and on the right patch his "rolling attack." The signature Street Fighter logo on the lower skirt warns your opponents not to mess with you, of course, unless they want to be shocked into submission. Bright green contrast stitching is used throughout this black gi. The jacket is made of 550 GSM Japanese weave cotton which is a thicker pearl weave material. Inside you'll find an inner mesh lining covering the shoulder and neck area, featuring a self portrait of Blanka. The pants are made of a super-soft 300 gram double twill cotton material that makes it feel like you're wearing a pair of pajama bottoms to the train. This gi is ultra limited (only 100 made), and each piece will be individually numbered. Once they have sold out, it will not be re-issued and will be retired. Check it out now while there's still time.

fusionfightgear.com

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GOLD MEDAL
-78KG JUDO

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PROMOTIONS

OSS!

Name: Chad Pomeroy

Location: Grand Rapids, Michigan

Chad is a 9-year Army and Iraq War veteran who started training jiu-jitsu in 2006. After a two hour-long promotion test, Chad was awarded his brown belt! Chad runs Black Lion Jiu-Jitsu, a Kroyler Gracie affil te out of Michigan. Congrats Chad and thank you for your service!

NO MORE MR. SOFTIE

Name: Joseph Ortega

Location: Littleton, CO

Four years ago, Joseph was an unhealthy and soft 190lbs. After four years of solid training, Joseph received his purple belt and is now a fit 150lbs. He is healthier than ever and glad he's accepted the jiu-jitsu lifestyle!

IRON LIKE A LION IN ZION

Name: Myles Gomez and Michael Dean

Location: Zionsville, Indiana

Congratulations to Myles Gomez who was promoted to purple belt and Michael Dean who was promoted to blue belt under Chris Howe. Congrats gentlemen!

PROMOTION

SUBSCRIBE TO SUCCESS

Name: Dayna Tappan
Location: Paducah, KY

DAYNA, A HR MANAGER (AND FITNESS MODEL) BEGAN JIU-JITSU FOR SELF-DEFENSE. SHE WAS RECENTLY PROMOTED TO BLUE BELT BY JASON HAWKINS FROM THREE RIVERS MARTIAL ARTS ACADEMY IN PADUCAH. We congratulate Dayna and thank her and her husband (Allen) for being annual subscribers!

BREATHE EASY

Name: Larry Clevenger
Location: Rochester, NY

Jiu-jitsu helps people in so many ways. Larry, who is a blue belt, suffered from asthma, but hasn't seen his allergy specialist in three years. Coincidently, this is the same amount of time he's been training jiu-jitsu at Synthesis BJJ. According to his last test, his lung strength has increased by roughly 10-15%! We're not scientists, but we think there is a correlation! Way to go Larry!

AUSTRALIAN FOR PURPLE

Name: Allen and Dan Mitchell
Location: Gold Coast, Queensland (Australia)

Congratulations to Allen Mitchell who received his purple belt under the Rickson Gracie Black Belt Jason Roebig! Allen and his brother Dan (blue belt) train out of Axis Jiu-Jitsu in Australia.

HEALTHY FRIENDSHIPS

Name: Wylie Tidwell
Location: Powder Springs, GA

Since Wylie started jiu-jitsu, he has met new friends, learned self-defense, and is much healthier. He also no longer suffers from asthma! He recently earned his blue belt from James Shook in Powder Springs, GA! Awesome job Wylie!

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MENS AND LADIES

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COOKING COUNTS

Sometimes, it is not about what you eat but instead how you cook it.

WORDS: **MACKENZIE ARRINGTON**

OFTENTIMES, WE ARE TOO FOCUSED ON THE OVERALL PICTURE AND DO NOT SEE THE DETAILS THAT MAKE OR BREAK WHAT WE EAT. JUST BECAUSE WE ARE EATING HEALTHY INGREDIENTS DOES NOT MEAN WE ARE BEING HEALTHY IF WE ARE COOKING THEM INCORRECTLY. Trust me, you could be eating lean fish and sweet potatoes for every meal and gain weight if you are deep frying them instead of broiling and baking. But not all of us know that all cooking methods are not treated equally and can be working against our nutritional goals and ruining our healthy foods. In previous articles, we have discussed how to master the heat. You read that right? Of course you did, you avid subscriber you. This is an expansion on how those principles can be broken down further and how cooking techniques affect the food you are cooking

A WORLD OF OPTIONS

When we think about cooking techniques, it is comparable to all of the different submissions out there. There are a million different variations and tweaks but we need to boil them down and see them for the core of what they are. Each technique has its own unique properties and uses, or else there would be no "different methods" of cooking. Some are great for our nutrition, others are destructive by adding fats or killing all nutritional value of the food we are cooking. Why take all of that precious time in fine tuning a nutrition plan and training hard just to crap it up by making one little mistake because you only know how to fry foods?

GOOD LOOKING WAYS OF COOKING

For the food nerds and the health nuts out there, here is a breakdown of the most common cooking methods that we can implement to help submit our food. Each will have their own pros and cons and a rating of their healthiness. Four stripes being the best, one stripe, not so much. Also, don't worry if you have only one stripe on your belt. I am not knocking you down here.

DRY HEAT METHODS

Baking

How it works: By placing food on a pan or tray, covered or uncovered in an oven. The dry, hot air around the food is what cooks the ingredient over time with indirect heat.
Pros: Evenly distributed indirect heat resulting in even cooking that does not require any added fats or oils. Removes a lot of fats from what you are cooking and leaves them behind in the bottom of your pan.
Cons: Time consuming and can dry out what you are cooking. Thicker foods may dry out on the outside while not being fully cooked on the inside.
Best foods to cook with: Meats, seafood, fruits, vegetables, starches, breads, and pastries.
Health Rank: 3 Stripes.

Broiling/Grilling

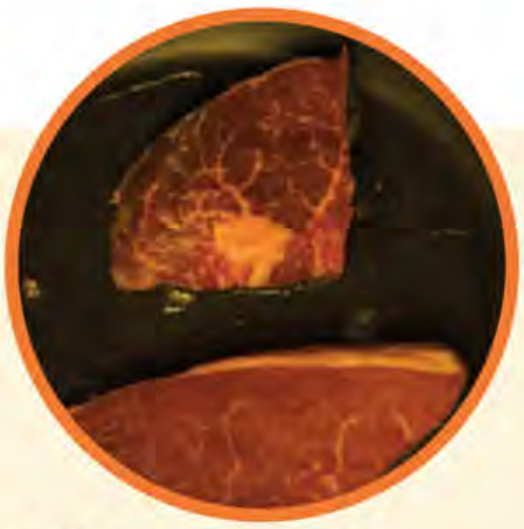
How it works: Using direct heat to cook foods caveman style! Fire - good. Grilling uses heat from the bottom of to cook food whereas broiling applies heat from above.
Pros: No added fats needed, rich, bold flavors, quick.
Cons: Honestly, the only cons are user errors of not being able to control the heat and overcooking the food being grilled.
Best foods to cook with: Meats, seafood, fruits, vegetables, and starches.
Health Rank: 4 Stripes

Frying

How it works: By submerging foods in heated oil. Submerged would be deep frying, partially submerged would be pan frying or shallow frying. All use the same principle of cooking, surrounding a food with hot oil and then the food absorbs some oils to cook thoroughly.
Pros: Quick and delicious.
Cons: Loaded with extra fats and kills a lot of the nutritional value of food.
Best foods to cook with: Meats, seafood, vegetables, and starches.
Health Rank: 1 Stripe

Roasting

How it works: Similar to baking but instead you would use a combo of sauteing/pan searing first then you would transfer the food to an oven that is set typically at a lower temperature than baking for a longer period of time. Low and slow.
Pros: Easy to do, creates great flavors, and little to no added fat needed.
Cons: The long cooking times tends to remove a lot of the fats from the foods, but that also means a lot of the nutrients are cooked out over time.
Best foods to cook with: Meats, seafood, vegetables, and starches.
Health Rank: 3 Stripes



Saute/Pan searing

How it works: Cooking of foods in a shallow pan that is heated over a flame. This method is the most universally known and used because it is easy and effici t.

Pros: Easy, develops great flavor by cooking the natural sugars on the outside of foods (Maillard Reaction) and cooks foods quickly, limiting nutritional loss

Cons: You need added fats, can easily overcook foods, and it does not cook a lot of the fat out of foods.

Best foods to cook with: Meats, seafood, and vegetables.

Health Rank: 2 ½ Stripes

Stir-frying

How it works: Quickly cooking over extremely high heat in a pan or wok with added oil.

Pros: The quickness in which the foods are cooking. You have very little nutritional loss.

Cons: The requirement of oil.

Best foods to cook with: Meats, seafood, vegetables, and starches

Health Rank: 3 Stripes

Sweating

How it works: Similar to sauteing but on lower heat. Using direct heat by adding vegetables to a pan and letting the natural moisture in them sweat out. Sounds like a gym right?

Pros: Changes the flavors of vegetables well by bringing out the natural flavors. Limited fat needed.

Cons: Nutrient loss, limited texture.

Best foods to cook with: Vegetables

Health Rank: 3 Stripes

» MOIST HEAT METHODS

Blanching

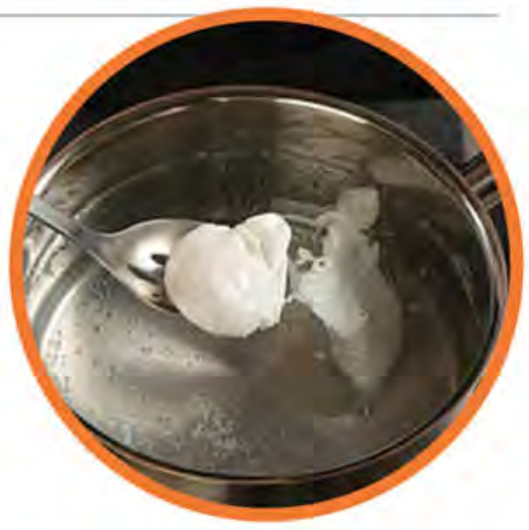
How it works: Quickly submerging foods to partially cook them in simmering water.

Pros: The partial cooking allows our bodies to process more nutrients from certain foods that have been blanched.

Cons: Minimal changes to the texture of food and does not fully break down the food to maximize digestion.

Best foods to cook with: Vegetables and starches

Health Rank: 3 Stripes



Poach

How it works: Cooking foods in simmering water (186 degree F) over a short period of time. Typically the liquid is not only water but flavored with other acidic liquids such as wine or vinegar.

Pros: Very lean and flavorful.

Cons: Tricky to master and easy to overcook

Best foods to cook with: Eggs, chicken, seafood, vegetables and starches

Health Rank: 3 Stripes

Boiling

How it works: Cooking by fully submerging foods in boiling water (212 degrees F)

Pros: Easy and lean

Cons: You lose a lot of nutrients from the foods into the water. Also it is bland flavor wise.

Best foods to cook with: Vegetables, starches

Health Rank: 2 ½ Stripes

Simmer

How it works: The same as poaching but without any added flavors or acids

Pros: Lean and easy

Cons: Very bland

Best foods to cook with: Vegetables and starches.

Health Rank: 2 Stripes

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Braising

How it works: Identical to roasting but you have liquid in the pan of what you are cooking when it goes in the oven. This liquid adds flavor, moisture, and steaming power.
Pros: Very rich and tender foods are the result.
Cons: Easy to overcook and deplete a lot of the nutritional value of the foods being cooked.
Best foods to cook with: Meat, seafood, and starches
Health Rank: 2 Stripes

Steam

How it works: Using minimal amount of water to create steam that cooks food suspended above the water level in a covered pot or container.
Pros: Very lean, little to no nutritional loss, quick and easy.
Cons: One would think limited flavor, but by seasoning the liquid you are boiling to create the steam, you can get some unique flavors added to the food being steamed.
Best foods to cook with: Chicken, seafood, vegetables, and starches.
Health Rank: 4 Stripes

» WILD CARD METHODS

Microwaving

How it works: Essentially steaming food within a closed container cooks the food within the microwave quickly with no added fats and limited nutrient deterioration. Yes, you can actually put a sweet potato in a covered container in a microwave for 12 minutes and have a perfectly cooked sweet potato or a fish fillet that has been marinated for 4-9 minutes depending on the thickness.
Pros: Easy to use, almost every kitchen has one and you do not need to do anything besides push a few buttons. No added fats needed. Quick cooking times limit the breakdown of nutrients
Cons: It's a microwave...
Best foods to cook with: Seafood, chicken, vegetables, and starches.
Health Rank: 4 Stripes

Circulating/Sous Vide

How it works: This is becoming more present in home kitchens but has been a mainstay in professional kitchens for awhile. The cooking of foods that are contained in an airtight package that is submerged in water and then is heated to the exact final internal cooking temperature of the food. The water is circulated around the food that is submerged for a certain amount of time, usually hours, to reach an equilibrium of the surrounding water resulting in "raw" looking foods that are cooked perfectly temperature wise.
Pros: Precision cooking, ultra tender, zero fat needed, and flat out cool. Easy set it and forget it approach. Easy storage and prolongs the shelf life of ingredients.
Cons: Expensive and requires a bit of research and equipment costs. Also, must be paired with other cooking methods, usually saute to get color and "finish" cooking.
Best foods to cook with: Meats, seafood, eggs, fruits, and vegetables
Health Rank: 4 Stripes

THE LEADERBOARD

Best Method for Meats:
Grilling/Broiling

Best Method for Seafood:
Poaching/Steaming

Best Method for Vegetables:
Raw! Steaming, Grilling, and Roasting/Baking

Best Method Overall:
Steaming

Healthiest Method:
Microwaving/Steaming

Easiest Method:
Microwaving

» MASTERING THE METHODS

Knowing not to bring a knife to a gunfight is a no brainer. The same applies to what cooking method you bring to the kitchen when making dinner. If you want to eat healthy, treat what you are eating with integrity by doing a little research on which methods work best for what you are planning on preparing. I am not saying you need to go enroll in culinary classes to take after work and before jiu-jitsu, but rather, read more of these articles and think about what you are adding to what you are cooking and how it might affect the end result. Are you searing chicken breasts with 3 tablespoons of vegetable oil? There is nothing wrong with pan searing but instead try using ½ - 1 tablespoon of good olive oil instead or better yet, try that same chicken breast steamed. There are endless possibilities when it comes to cooking and eating- that is what makes it so damn fun, just like jiu-jitsu.If you need a little help, you can also reach out to me at **grapplergourmet.com.** So, go drill some of these techniques and find out which work best for you and your lifestyle and remember to eat well and train hard. Oss

jjm

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FISH OIL

WORDS: **JEREMY REID**

EVERYONE HAS HEARD OF FISH OIL BY NOW. IT SEEMS FISH OIL IS JUST ABOUT EVERYWHERE. In fact, it might just be one of the few things that are universally recommended. From dieticians to trainers, doctors, to meatheads and yogis. But is it really worth it? What exactly does it do? Will it help with jiu-jitsu training? How much should we be taking? While everyone knows about fish oil, not many really know the answers to these questions. The generic answer seems to be "because it's good for you." Well if you know me, than you know that's not a good enough answer. So, let's take a more indepth look at fish oil.

» WHAT EXACTLY IS FISH OIL?

Fish oil is technically exactly as it sounds, oil from fish. However, that's not what makes it significant. The important component of fish oil is the Omega-3 fatty acids. Omega-3s are a group of polyunsaturated essential fatty acids that are necessary for human health. The body needs them to function and they must be ingested as the body cannot produce them on their own. Omega-3s help regulate and maintain the function of cell membranes and receptors throughout the body. In fact, they are involved to some degree in almost every function and aspect of the body. This explains why there are so many reported benefits of supplementation from cardiovascular health to cancer prevention to arthritis and many more.

The three main Omega-3 fats in human nutrition are eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and alpha-linolenic acid (ALA). EPA and DHA are primarily found in fish and seafood while ALA is found in vegetable oils, nuts, and seeds. ALA is the most common Omega-3 found in Western diets. The problem is that the majority of the benefits come from EPA and DHA. In fact, ALA is often converted into EPA and DHA inside the body; however, the capacity for the body to do this is fairly low. Therefore, it is critical that we make a point to get EPA and DHA in our diets. Don't get me wrong, ALA is still very important and should be included in your diet. But if the majority of your Omega-3s are coming from ALA, you could be missing out on some of the potential benefits. This is why fish oil supplements are the most popular form of Omega-3 supplementation.

INFLAMMATION

While Inflammation is a necessary process inside the body, too much or excessive "chronic" inflammation can lead to serious problems. Omega 3s are one of our body's primary defenses against this chronic inflammation. Omega 3s actually can reduce the production of the substances that cause inflammation inside the body. By preventing or reducing this inflammation, Omega 3s may help protect the body from diseases and problems associated with chronic inflammation. Great for those achy joints from a hard training session.

CARDIOVASCULAR FUNCTION

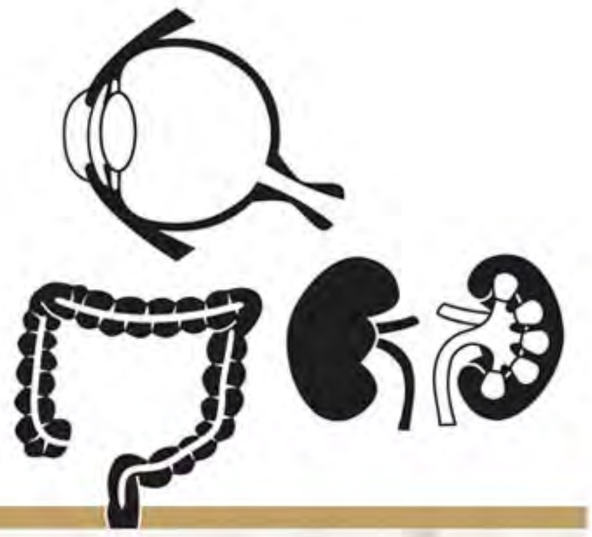
While Omega-3s provide numerous benefits, the strongest evidence seems to point towards improving cardiovascular function. In fact, there is evidence that it helps or improves almost all aspects of cardiovascular function. It has been shown to help lower triglycerides. One study even showed that Omega-3 supplementation lowered triglycerides better than statin drugs. It also can help lower blood pressure for people with hypertension. Omega-3s have also been shown to increase HDL (the good cholesterol). They also prevent blood clots from forming in arteries as well as help keep artery walls smooth and preventing plaque buildup. There is even evidence that Omega-3s can help stabilize heart arrhythmias.

COGNITIVE FUNCTION

Another notable area that has shown benefit from Omega-3 supplementation is your brain health and cognitive function. Since the brain is composed mainly of fat, Omega-3s play a huge role in supporting the brain and ensuring it is functioning properly. Recent research has even found that a number of different conditions are associated with low levels of Omega-3s. These include Alzheimer's and dementia. Some studies suggest that Omega-3 intake may even slow the effects and progression of these as well as slow general cognitive decline due to aging. There are also links to depression, bipolar disorder, and anxiety. While it is unclear if supplementation alone has an effect, they have shown greater improvements when Omega-3 supplementation is used in conjunction with medications opposed to medication alone. Some other new findings look at the importance of Omega-3s in cognitive development in children. Not only is adequate Omega-3 intake necessary for optimal development, low levels have been linked to ADHD. Some studies are even showing that supplementation may reduce symptoms and severity of ADHD.

OTHER POTENTIAL BENEFITS

Although the links are not as strong (yet) and more research is still needed, there are even more potential benefits of Omega-3 supplementation. Some of these include helping with diabetes, eye health, asthma, sleep, kidney disease, Crohn's disease, arthritis, and many more. There is also emerging research showing potential cancer prevention links to Omega-3 supplementation. It appears it may be especially favorable for prostate, colon, and breast cancer.



» HOW TO TAKE IT

❖ Poke bowls are becoming more popular and a great way to enjoy fish while getting important Omega-3s. If you're going to rely on diet for Omega-3s be sure to pay attention to the mercury content. Most fish oil supplements are filtered to remove any mercury or other heavy metals.

There is no doubt that fish oil is beneficial for us. There is no argument about that. But exactly how much we need or should take is often debated. There are basically two schools of thought. The first being that we don't get enough in our diets, and Omega-3 sources have slowly been disappearing and shrinking. Therefore, we need high doses. The other school of thought is similar but focuses more on the ratio of Omega-3 to Omega-6 fatty acids. The basic premise being that our diets should be roughly 1:1 ratio of Omega-6s to Omega-3s, but Omega-6s are now much more prevalent leading to much higher intake and thus throwing this balance off. In fact, modern diets can sometimes be as high as 20:1 ratio or higher. While Omega-3s have anti-inflammatory properties, Omega-6s can actually promote inflammation in high doses. Therefore, maintaining this balance is extremely important. So, to fix this, we must reduce our intake of Omega-6s while increasing our intake of Omega-3s. Since reducing Omega-6 intake can be difficult, ften the solution is high doses of Omega-3s. While I personally fall into the second school of thought, it doesn't really matter since the solution is the same. We must greatly increase our Omega-3 intake, specifically EPA and DHA.

There are a few ways we can increase our Omega-3 intake. The first and probably best way to increase our intake is by eating foods high in Omega-3s more often and in higher quantities. These foods mainly include fish such as tuna, sardines, anchovies, mackerel, salmon (wild has higher content than farmed), herring, and lake trout. I always recommend trying to get as much from natural sources as possible before relying on supplements. However, I do realize not all of us like fish, as even those of us that do like fish might not want to eat it every day. This is where fish oil supplements can really come in handy. It can help us ensure we are getting our Omega-3s daily and in a high enough quantity. Now, I say "fish oil" supplements are the most common. However, like I mentioned above, what really matters is the DHA and EPA. So there are dedicated Omega-3 supplements as well as krill oil, cod liver oil, and numerous others. These are all great as long as we are getting the EPA and DHA in high levels. You have to be careful with just Omega-3 supplements as they may just contain high levels of ALA and very little EPA and DHA. Be sure to always check the content of these supplements. Also, be sure to check the amount of EPA and DHA as not all fish oil supplements are created equal. In fact, the variance can be drastic, ranging from 100mg of each to 500mg of each per tablet. Ultimately, you should judge your dosages on the EPA and DHA content, not the total content.

❖ Krill oil is another option. There's much debate on which is better for you but both contain EPA and DHA.

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- It might not sound super appealing, but good quality liquid fish oil is a great way to get a recommended dose of Omegas. Nordic Naturals Oil has a lemon flavor that when taken cold is surprisingly good tasting.

The recommended dosage is another subject for debate. Some argue very high dosages while others say a lower dosage works just fine. Personally I do not think there is one right dosage for everyone. I think there will always be a variance as it ultimately depends on your natural intake of Omega-3s as well as your intake of Omega-6s. For example, if you naturally eat a lot of fish throughout the week, and your Omega-6 intake is low, you may only need a small dose or maybe even none at all. However, if you rarely get any Omega-3s in your natural diet and consume high levels of Omega-6s, then you may need a high dose to maintain proper balance. The most scientifically studied dose is 1,000mg per day and this is the general dose I recommend. Remember this is 1,000mg of combined EPA and DHA not 1,000mg of fish oil. You may need to take 3,000 to 4,000mg (3 to 4 grams) to achieve this based on your specific supplement. Don't skimp on quality fish oil. Do your research before you buy. If you feel like you do not consume enough Omega-3s in your diet and/or do not feel as though you have a very good diet, you may want to increase that dosage to 2,000 mg per day. However, it should be noted that once we start getting into these higher dosages, there may be interactions with certain drugs and other possible side effects. Be sure to check with your doctor if you are considering high dosages.

TRICKS FOR TAKING FISH OIL

AVOIDING THE FISH BURPS

- Enteric coated tablets should help reduce
- Freezing your pills can also help
- Take with meals or food
- Oxidation is bad, store your fish oil in the fridge

CONCLUSION

Omega-3s are a critical component of human nutrition and play a huge role in general health and performance. They provide numerous benefits that affect almost all aspects of the body, that most of us do not get enough in our diets. Fish oil supplements can be an easy way to prevent deficiencies and ensure you get the benefits of Omegas. Always be sure to check the EPA and DHA content in your supplement as they are responsible for the majority of the benefits. So should you be taking fish oil supplements? Of course, because basically "they're good for you!"

WHO IS

TRAVIS STEVENS

SERENDIPITY MEANS “FORTUNATE HAPPENSTANCE”. IT BEST DESCRIBES HOW TRAVIS’ JUDO CAREER BEGAN. As a kid, Travis’ mother wanted to put him into an after school sports. Originally, he thought he had checked the box for football, but by some act of the universe, the box for Judo was actually checked, and by the time he realized the error, it was already too late. Fortunately, Travis fell in love with the sport. This love eventually grew into a career and recognition in the grappling community. Three Olympics later, I doubt Travis regrets accidently checking the box for Judo. During his first year in college, Travis came across Brazilian Jiu-Jitsu and started training. Having now earned a black belt in both sports, much of the jiu-jitsu community turned their eye on Stevens during the 2016 Summer Olympics held in Rio de Janeiro. Recently, we had the chance to talk to Travis before he headed back home from Rio. Here are some excerpts from that interview.

ORIGINAL INTERVIEW BY **JAMES LAWSON** | WORDS BY **PATRICK FLORES**

TRAVIS STEVENS CHRONICLES OF AN OLYMPIC GRAPPLER

Most would associate Judo with throws from the standing position but Judo players actually have more ways to win on the ground than on the feet. An Ippon point is an instant win in Judo. This can be achieved one of three ways: a throw that puts an opponent's back to the mat, immobilizing an opponent on the ground (pin) for 20 seconds, or tapping them via choke or armbar. Two Waza-ari points can also be used to win. This includes throws that don't land an opponent on their back, or immobilizing an opponent for 15-19 seconds. Given these rules sets, it does become advantageous for a Judoka to be versed in other submission grappling arts such as Brazilian Jiu-Jitsu and Sambo.

TRAVIS ON HIS EXPERIENCE COMPETING IN RIO

JJM: As a three time Olympian, how was your preparation any different from the previous two Olympics?

Travis: There was a lot less pressure to perform. I was at a point in my life where I didn't need to prove I was one of the best in the world. I was already ranked in the top five in the last six years. A medal wasn't what I needed to be happy. It was more that I wanted to do it for the sake of doing, rather than for the sake of the justification of doing it. I could just have fun with it, I could train for fun, I got to enjoy the experience and build up leading up to the Olympics versus all the stresses. I just buckled my seatbelt and enjoyed the ride.

JJM: It seemed like the groundwork, the ne-waza aspect of competition, shared more of the spotlight this year. Do you think it played more of role than previous years?

Travis: Definitely. The IJF (International Judo Federation) has been tweaking the rules the last couple quadrennials trying to make it more TV/spectator friendly. The thing that makes spectators happy is seeing those instant wins whether it's an armlock, choke, pin, or even a throw. Just like MMA, people want to see a finish.

TRAVIS ON JUDO AND BRAZILIAN JIU-JITSU

JJM: How important do you think your jiu-jitsu was during this year's games?

Travis: Technique speaking, I don't think it really helped. I think what it gave me was a confidence of knowing when I'm on the floor, I'm not going to lose. I know the progression of the steps, and the groundwork especially for judo since there aren't many options. I know where they're going or where they could potentially go better than my opponents do. It's not so much that the techniques help, but it gave me such a comfort where I could rest and relax in those situation as where others panic and get tired. Just having a jiu-jitsu black belt put a little bit of fear in the competition in the way of not wanting to engage in groundwork. This means they attack a lot less often on the feet because if they mess up, it gives me the opportunity to work on the floor where they don't want to be.

***Editorial Note**: Travis is a black belt under John Danaher. Danaher's students also include well-known jiu-jitsu grapplers Garry Tonon and Eddie Cummings. Travis explains that when he works with Danaher, they have the goal to become the best grappler.*

The reaction for sports is completely different, when I'm in the room with John Danaher, I'm trying to be the best grappler, meaning, I don't care where we go. If you want to wrestle, let's wrestle. If you want to do judo, let's do judo. If you want to do no-gi submission grappling, let's do it. If you want to do jiu-jitsu in a gi, let's do it. I can stay with the best in the world regardless of the grappling art or the rule set put in place.

Jiu-jitsu guys are always like, "Well should I learn judo?" No, you should be at a place where your coach knows how to do stand up and if you don't, you have a crappy coach. That's the bottom line. If they can only teach you one aspect of the game, you need to find another place to train.

JJM: Do you think groundwork (in Judo) will have more of an importance moving forward?

Photos by © IJF Media by G. Sabau

Travis: I hope not, just for the sake of Americans and the abilities we have and the systems we have in place. That system work for us because the rest of the world hasn't picked up on how easy it is to train. Training on your feet, taking falls, grip fighting, getting thrown, almost getting thrown, landing on your head multiple times, takes a toll on your body. Drilling groundwork is so easy, physically somewhat hard, but your body doesn't take a pounding. I'm hoping the rest of the world sticks to this mentality so we as Americans can focus on the ground work and compete with them.

JJM: Do you ever see jiu-jitsu becoming its own Olympic sport?

Travis: I think as a sport...it could be. Do I think it will be? Not a chance in any of our lifetimes because the way we compete and the way we see jiu-jitsu is completely against the world growth of the sport. I don't think you'll ever get away from the alliances that people have created. I don't see the sport ever getting to the point where you can compete for a country. How can you take the guys from Renzo's, Marcelo's, from Atos, and put them in a room together, train together, to compete against their own organizations all over the world. At some point as Americans, and everyone living and representing the US, we are going to have to train with each other, and then going to have to compete against their own association members on a world stage. I just can't see the community being okay with that.

TRAVIS ON COMPETING IN FUTURE OLYMPICS

JJM: You've competed in three Olympic games, not many people can say that. Can we expect to see you in 2020? Tokyo?

Travis: Believe it or not, that's not my decision. I'm 30 years old; the Olympic committee could want to invest in a younger generation. They won't tell me I can't compete, but they'll be done paying me a salary and I still have to make a living.

JJM: If you had it your way, could you reprioritize your life to try to compete in Tokyo?

Travis: Yea, but I think there are some things in the jiu-jitsu community I would love to do. I would love to win a black belt world title and an ADCC. The goal is to approach the Olympic committee with the idea that I want to fight at -90kg, give me two years to put on the size and strength [Travis currently fights at -81kg] of the division. While I'm growing in that division, compete in jiu-jitsu to stay competition sharp. Focus on winning titles and super fights within jiu-jitsu, and then come back before qualification to focus solely on Judo and go back for a fourth Olympic games. Now whether the IJF, and USOC [US Olympic Committee] allow me to is a whole different story.

FINAL THOUGHTS

JJM: Who are some of the people that have had a major impact on your Judo journey?

Travis: My girlfriend would be one of the most, along with my trainer Scott just in the last couple years. One of the things hindering me in the past was I had a mentality of you're either training or going to the hospital. There's no middle ground and no rest. If my shoulder was dislocated, I was in the gym. If I was in a neck brace, I was in the gym. I trained with broken ankles, busted knees, dislocated elbows, and broken fingers because I had that never going to stop mentality and I had to play catch up because I didn't have the world title. It wasn't until my girlfriend and trainer came into my life that told me I needed to take a step back and rest. I actually didn't train that hard for the Olympic games, believe it or not [chuckles]. I think I took like six weeks off this summer to hang out, maybe did one workout a day, and sometimes my weightliftin sessions were just stretching.

JJM: Coming back did you actually feel rested?

Travis: It wasn't something I thought about. This year, I passed over all control to my coaching staff. I only had three responsibilities: I had to show up on time, I had to not get injured outside of the sport, and I had to make weight. If I did all those three things, my Judo coaches would make sure I'm technically sound and in shape for Judo. Then my strength coach would make sure I'm strong and in shape enough to do Judo. If I showed up to the Olympics and wasn't in shape, I knew who to blame and who to point the finger at.

JJM: There's been some controversy this Olympics. What was your experience like outside of the competitive arena in Rio for these Olympics?

Travis: It's been wonderful. We've had no issues. We've had an incredible time!

We wish Travis the best of luck in achieving his goals moving forward and thank him for representing the United States in three Olympic games. We also hope to continue to see more of Travis in future jiu-jitsu competitions!

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FIND YOUR NEMESIS

WORDS: **MARSHAL D. CARPER**

IN GUY RITCHIE'S 2000 FILM SNATCH, A GANGSTER NAMED BRICK TOP OFFERS UP HIS DEFINITION OF NEMESIS. HE SAYS THAT NEMESIS MEANS "A RIGHTEOUS INFLICTION OF RETRIBUTION MANIFESTED BY AN APPROPRIATE AGENT." Even though I loved the film, I never quite understood that part. It wasn't until I started training jiu-jitsu that it really made sense to me.

On the mat, you start to make progress, and making progress usually means that you thump a few more people than you used to, and you maybe even get thumped a little bit less. Your cosmic place in the jiu-jitsu universe starts to shift. You have some real power. You might not even be a blue belt yet, but you have risen above the masses of those tired and sad individuals who have never trained, making you above average by virtue of a few simple stripes on your white belt.

And just when you think, "Hey I am getting the hang of this" the jiu-jitsu gods send along an appropriate agent to inflict righteous retribution. Your nemesis.

Your nemesis is the person that on paper you should beat, but some strange combination of their style matched against yours and a few key physical attributes makes them your worst nightmare. Sometimes they are at your rank. In the worst cases, however, you outrank your nemesis.

I've had more than one nemesis in the course of my grappling career, but Bald Mike was my first. Bald Mike always hung out with Tattooed Mike, so we needed nicknames to differentiate them from each other and the other 12 Mikes on the mat.

At the time, I trained six to seven days a

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week on top of conditioning sessions with a personal trainer. Bald Mike trained three days a week with some light lifting here and there. We were both blue belts, but on paper I was in better shape and had far more experience in the gym and in competition.

And Bald Mike made my life hell.

His style of rolling was the antithesis of mine. It was like someone designed him in a lab, giving him the exact approach that would defeat my strengths. His passing nullified my guard. His top game shut down my escapes. Every roll with Bald Mike was humbling and frustrating. He wasn't so far ahead of me in terms of experience that I was supposed to lose. He was my rank and my size. So I'd sit in the locker room after training, staring aimlessly off into my own pit of self-loathing.

Bald Mike was a nice guy too. Really friendly, interesting to talk to. The kind of guy you'd take home to mom and dad when they try to say that you've been hanging out with the wrong crowd. But on the mat, I hated Bald Mike.

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Eight years later, I realize how good for my jiu-jitsu training with Bald Mike really was. By the time you reach brown belt, you begin to actively pursue a mat nemesis because how beneficial they can be, but waiting that long into your career will mean missing out on a lot of powerful training experiences. Don't run from your nemesis. Run to him or her. Here's why:

- **A nemesis is a blueprint** for your weaknesses. When you are losing because of technique–rather than a size or athletic disadvantage–the experience might be painful, but you also have a measuring stick for your progress and a map for what to work on. Identify one weakness that your nemesis exploits, and work on that for a month. When you see that work paying off, you can start to identify another, and another.

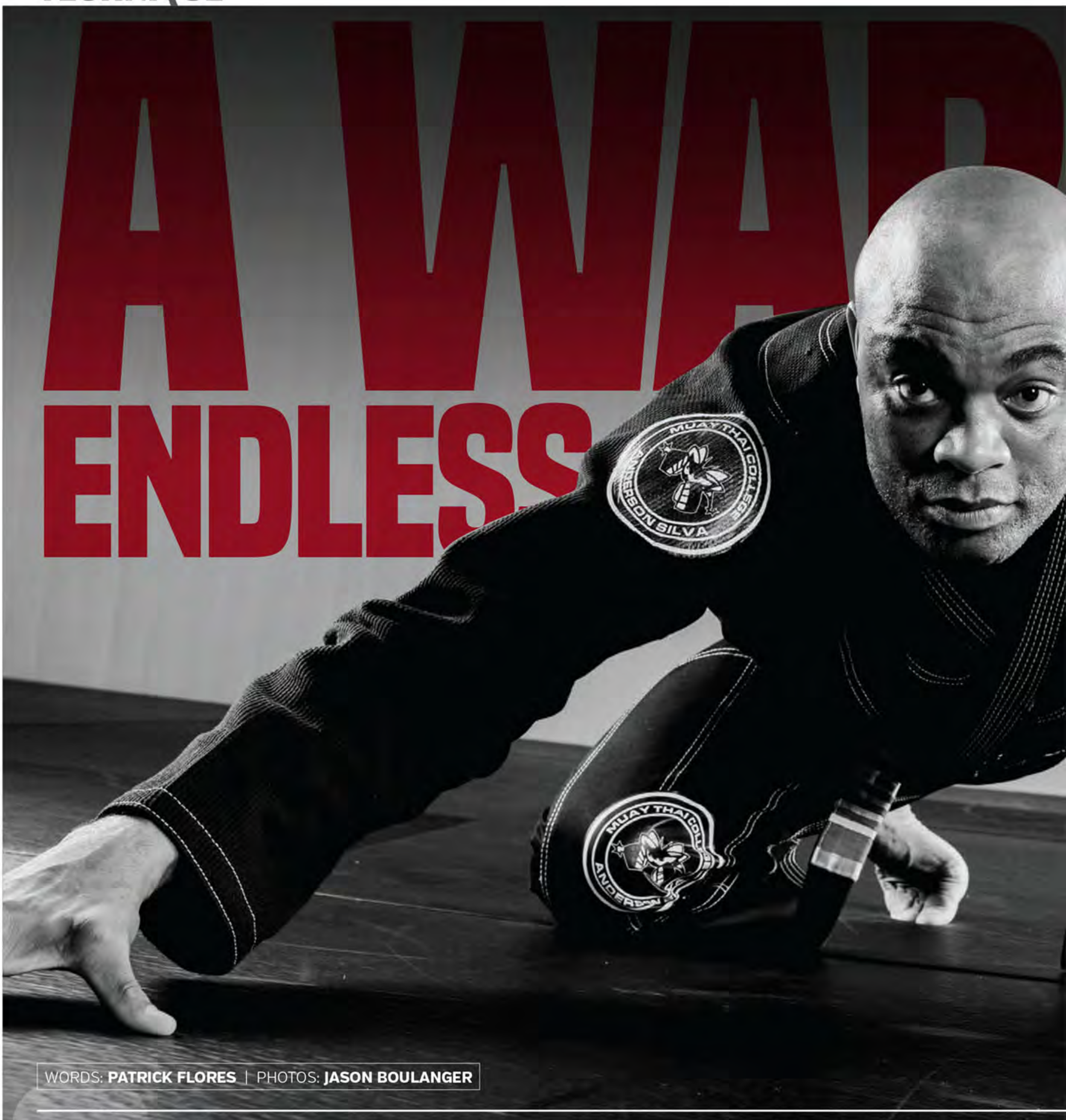
- **Losing to a nemesis** is different from losing to an upper belt. An upper belt can have a technical superiority that is so extreme that you might not be able to tell when you are doing better or doing worse. Against a nemesis, you can expect a challenging roll, and you'll be able to see very clearly when you're making better technical decisions, which is key for your development.

- **Beating up on lower belts** is good for offense. Surviving against upper belts is good for defense. Challenging rolls at your level–with a nemesis perhaps–are the fire that forge your game as a whole. You need them, and sometimes that balance can be hard to find. If you can identify a nemesis, seek them out to get those fires raging.

- **Rolling with a nemesis** should help to train your brain out of thinking about "winning" in the mat room. When you roll with a nemesis enough, you start to think more about constructive problem solving, distancing yourself from the ego of competition and adopting an approach that is more academic. This is healthier for you in the long run and will lead to faster results in your training.

Despite the structure and formalities of training within a school, much of your development will be a direct result of the choices you make on the mat. If you have the chance to roll with your nemesis, embrace it. Find your Bald Mike and seek him out. Find a way to enjoy and welcome the challenge. Your jiu-jitsu will grow as a result.

A WAR ENDLESS



WORDS: **PATRICK FLORES** | PHOTOS: **JASON BOULANGER**

SELDOM IN SPORTS WILL SOMEONE REACH THE ELITE ECHELON OF ATHLETES WHO WILL BE REMEMBERED AS THE GREATEST EVER WAS AND POSSIBLY EVER WILL BE. THESE ATHLETES GO DOWN IN HISTORY AS LEGENDS. Their lives and achievements will be analyzed, studied, and admired for generations. They become role models and public figures that have the power to shape the future in ways they never would have imaged when they began their journey. In the world of combat sports, the term GOAT or Greatest of All Time gets thrown around with many looking to claim the title. In MMA, however, one name has become synonymous with the title. Anderson "The Spider" Silva achieved a 17-fight win streak (14 of which were finishes) in his MMA career. He was able to hold the Middleweight Championship for a total of 2,457 days, the longest reign in MMA history. Anderson is one of the few athletes able to reach that elite tier all others strive for.

During his reign he would fight other future hall of famers of the sport including Pride Fighting Champion Dan Henderson. The Spider submitted the former Olympic wrestler via rear naked choke in the 2nd

RIOR'S JOURNEY

round of their bout. Anderson dared to defy the basic rules of striking and dropped his hands against former UFC Champion Forrest Griffin. elying on his footwork, quick reflexes, and head movement, he dodged everything the former champ threw only to knock out Griffi with a highlight real punch. He defeated another former UFC champ when he faced "The Phenom" Vitor Belfort.

In the first round, Anderson threw a front kick heard around the world, wildly regarded as one of the greatest KOs in all of MMA history and 2011's ESPN Knockout of the Year. He was also able to finish the formidable outspoken All-American Wrestler Chael Patrick Sonnen...twice.

In combat sports, between various techniques and positions, there is a lot of terminology that gets thrown around. Two in particular gets interchanged with each other that hold two different meanings: Fighter and Martial Artist. Any unskilled brute with a short temper can be a fighter. It takes true ability and dedication, however, to be a martial artist. Anderson Silva in every form of the word is a Martial Artist. He has dedicated his life to the pursuit of becoming a perfect martial artist.

Having some of the best knockouts in MMA, his striking is executed with surgical precision. His striking is, in fact, so good, it overshadows his adept grappling ability. In his first fight with Chael Sonnen, things looked bleak going into the final round. Sonnen was able to use his wrestling experience to control Silva. In what could easily be considered one of the greatest submission comebacks in the sport, Anderson was able to secure a triangle choke, submitting the decorated grappler with some good old fashioned jiu-jitsu.

Anderson holds a black belt in jiu-jitsu under the Nogueira Brothers. We spent some time with Anderson at his academy, Muay Thai College in Torrance, CA. Anderson's jiu-jitsu isn't what you would consider sport jiu-jitsu. Although there are sweeps and submissions in Anderson's jiu-jitsu style, it is tailored around his needs as an MMA fighter. Although the Spider wears a kimono in these techniques, the moves translate well into a no-gi situation with small variations in the grips.

When you look back at Anderson's MMA fights, he does a good job of controlling his opponent's posture and balance from the bottom. Anderson uses butterfly hooks, half guard, and his legs to spread his opponent's base out, forcing them to advance from awkward angles. For this article, we focused on Anderson's guard. Some of the techniques we explore with Anderson have been used in his actual fights.

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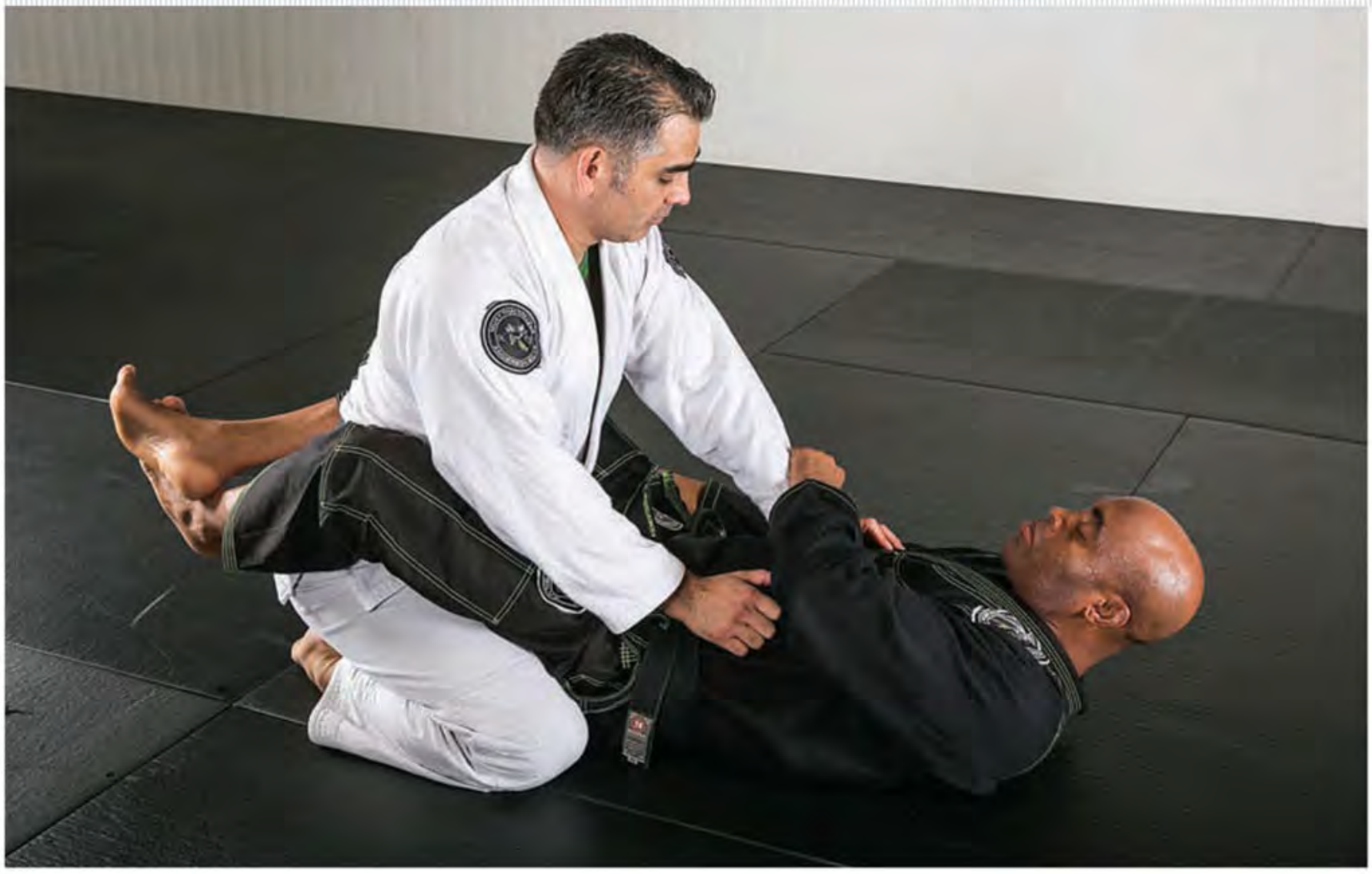
NORDIC NATURALS

CLOSED BICEP SLICER

Closed guard is a common position in jiu-jitsu. It is good for students of all levels to be well-versed in attacks and defenses from this position. Here's a move you probably haven't seen before that has two ways to finish your opponent. **NOTE: IBJJF Rules only allow Bicep Slicer finishes in at brown and black belt.**

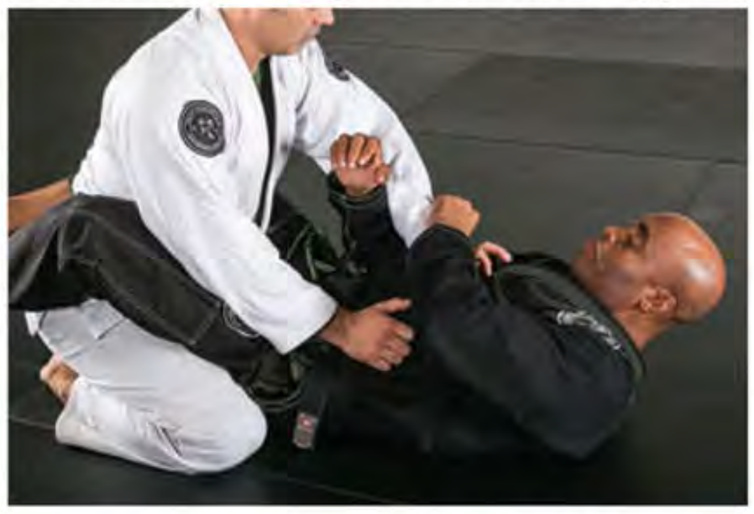


STEP 1

Anderson begins this technique with a cross grip of his opponent's sleeve. In this situation, Anderson's left hand grabs his opponent's opposite side sleeve.

STEP 2

He then pulls this arm to the left, almost as if trying to take the back. As his opponent springs back to defend, Anderson feeds his other hand under his opponent's arm and closes his arms together, grabbing his opponent's gi collar with the right hand. Anderson's left hand now has tight control of his opponent's sleeve and his opponent's collar.



IMPORTANT NOTE: Either collar can be gripped for this technique; however, Anderson prefers to grip the closer collar with a 4-finger grip on the inside of the collar with the thumb down. If you can't grab a collar, or are trying this setup in no-gi, grabbing your left wrist will suffice.

STEP 3

Anderson shifts his hips right, away from his opponent to create space.

STEP 4

Very quickly, he will throw his right leg over his opponent's shoulder and releases the collar grip. If you're following along, your right leg should be in front of your opponent's face, even better if it's under the neck.

STEP 5.1 – BICEP SLICER (VARIATION ONE)

Anderson releases the sleeve grip and grips his hands together. He also brings his knee up. With the correct pressure, Anderson will be able to submit his opponents hear via shoulder lock or bicep slicer depending on the applied pressure.

STEP 5.2 – ARMBAR (VARIATION TWO)

Oftentimes, Anderson's opponent will post their hand to help regain some posture and alleviate pressure from the shoulder lock. Anderson will use his left leg to hook his opponent's posted arm and elevate it off the ground.

STEP 6 (VARIATION TWO CONTINUED)

Anderson will then use his left hand to grab his opponents previously posted arm. He brings his opponent's arm on his leg. At this point, Anderson also triangles his legs. His opponent's elbow will be just past Anderson's leg, which acts as the fulcrum point for the armbar. To finish the submission, Anderson simply bumps his hips up.

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ARM TRAP TRIANGLE

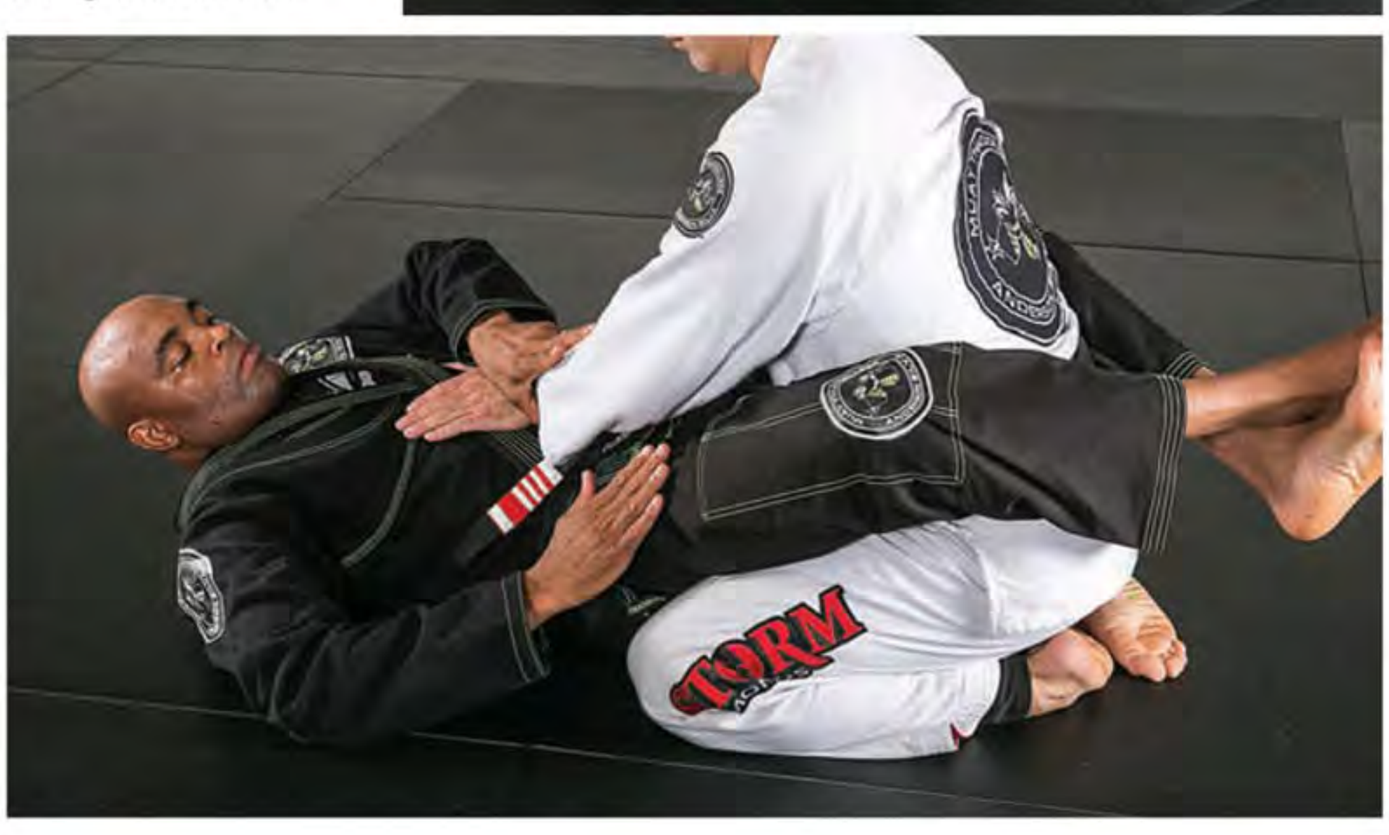
This technique is all about deception. Your goal is to have your opponent believe you will be attacking with an armbar when in reality, the triangle is around the corner.

STEP 1

Anderson once again starts off in the closed guard position with grips on both of his opponent's arms. Anderson swims his right hand under his opponent's arm moving it to the outside.

STEP 2

This allows Anderson's right leg to come up. In this situation, Anderson's right leg is placed on his opponent's left hip. As this happens, Anderson maintains control of his opponent's arm along the outside.



IMPORTANT NOTE: It is very important to control your opponent's arm. Proper use of leg and arm control will help. Make note of Anderson's leg- it is angled in a 45 degree angle in order to keep his opponent off balance. At this point, Anderson also naturally brings his left leg onto his opponent's hip for easier control. Feel free to bump your hips up, pushing down with your legs onto your opponent's hip for control.

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STEP 3

In order to divert attention away, Anderson immediately puts pressure on his opponent's right arm. He then uses his left leg in conjunction with the left sleeve grip to simulate an armbar attack. This will help provide the space needed to slip into the triangle position.

STEP 4

As Anderson's opponent goes to defend, he quickly shifts his hips to the left, away from his opponent and raises his right leg over his opponent's shoulder.

STEP 5

When executed correctly, your opponent's posture will be broken and in perfect position to lock a triangle. In this triangle situation, Anderson's right ankle will be placed behind his left knee. Anderson finishes by squeezing his knees together and pulling down on his opponent's head. Anderson emphasizes to cut the space between your legs and your opponent's neck to ensure a tighter choke.

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KIMURA SETUP TO WRISTLOCK

You'll notice this move shares some similarities to a Kimura from closed guard. Anderson modifies the sit up to secure a wristlock. It's quickly becoming one of my personal favorites.

STEP 1

Again starting from a closed guard position, Anderson picks a side to attack. In this situation, Anderson chooses to attack the left side. He sits up similar to a Kimura attack but dives under his opponent's right arm, exposing his opponent's back.

As soon as Anderson dives under, he grips over his opponent's back with his right arm to deny them any attempt of regaining posture.

STEP 2

At this point, Anderson's opponent will be facedown and have likely posted out with the right arm. This is the same arm that Anderson previously dove under in the previous step. Anderson will circle his left arm behind him, trapping his opponent's right hand on the outside. Anderson will then lean back, placing his weight onto his opponent's arm. If executed correctly, the opponent's palm will be facing up. Anderson also makes note to transfer weight onto the shoulder to prevent any recovery attempt.

STEP 3

From here, the wristlock finish is simple. Anderson will make sure he has the wrist and squeezes his elbow tight to his body, forcing his opponent's wrist to bend in a 90-degree angle. From here your opponent will tap or break their wrist. For additional security, Anderson crosses his legs together.

MOUNT FOOTLOCK

Here's a good technique for when you get mounted. Anderson mentions he shows this technique to many people, including his family, as it is really good for self-defense. Anderson believes the secret to a good mount defense is manipulation of your opponent's legs.

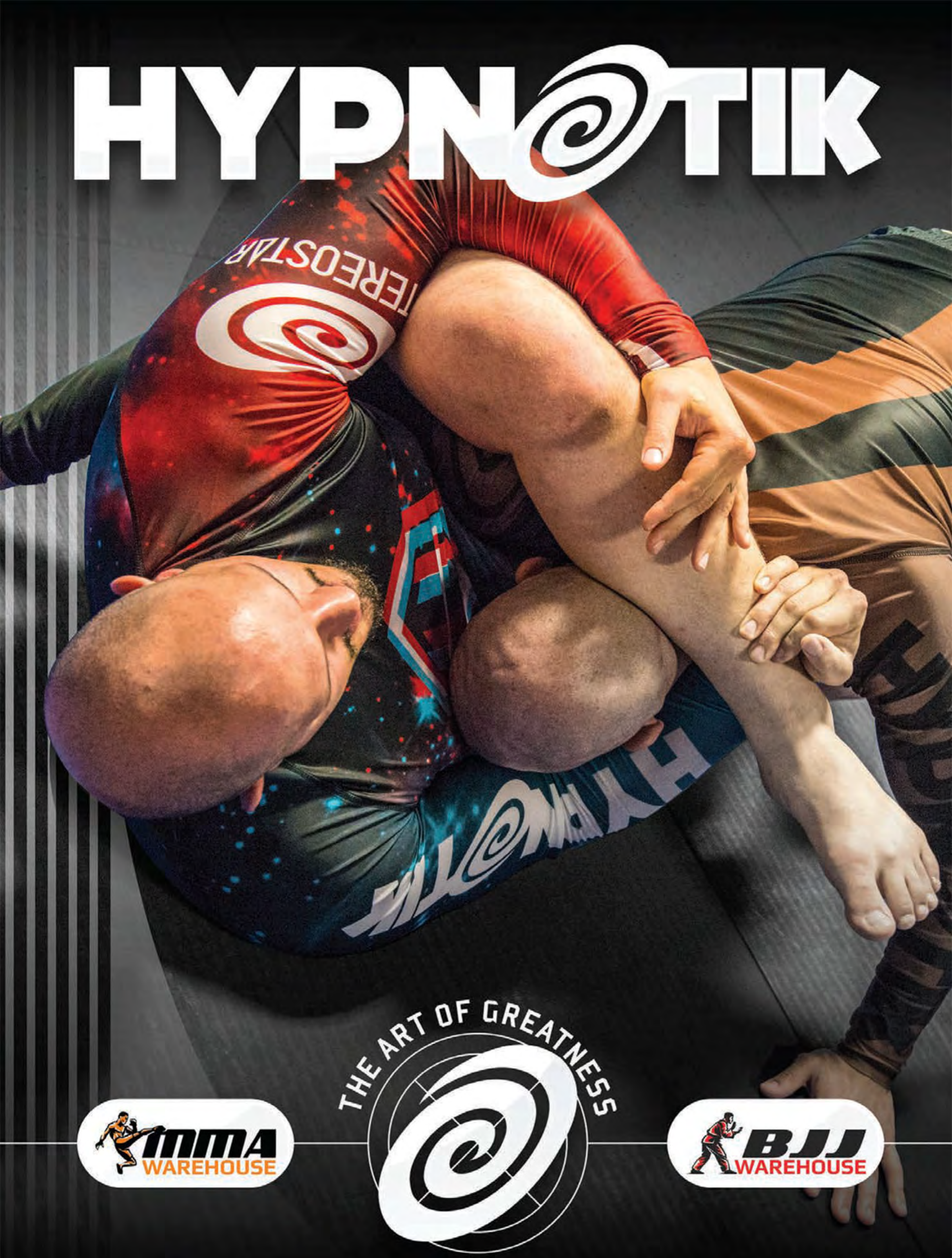
STEP 1

Anderson frames, bringing his elbows to his opponent's knees and his hands onto his opponent's hips. This will prevent a high mount from occurring. As a result of framing, Anderson's opponent will wrap his legs around Anderson's in what is better known as a grapevine control.

STEP 2

When in grapevine control, Anderson picks a side to control. In this example, Anderson chooses to control his left side or his opponent's right leg. Anderson extends his right leg and circles it out of the grapevine hook. His right leg then comes over his left ankle. When executed correctly, Anderson's left ankle will be found under his right knee, similar to a triangle lock around his opponent's right leg.

HYPNOTIK



THE ART OF GREATNESS

MMA WAREHOUSE
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STEP 3

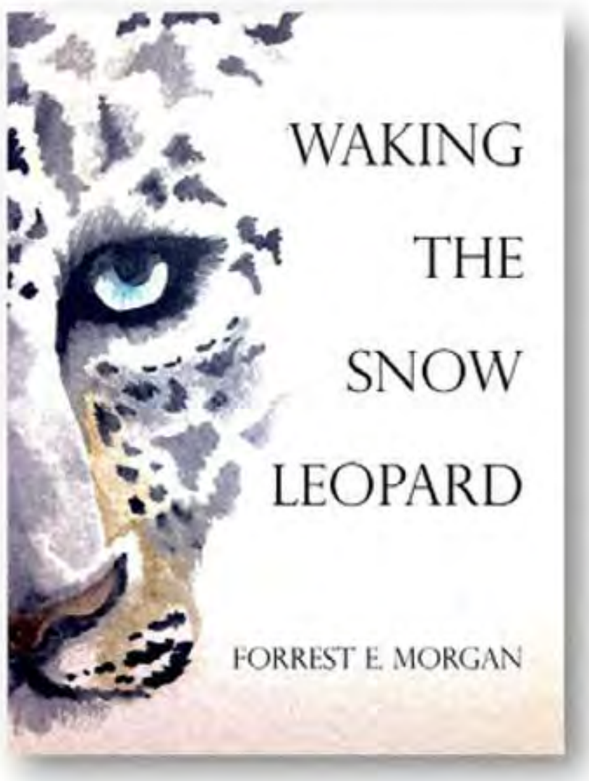
While Anderson has control of his opponent's leg, he reaches up with his right hand and grabs his opponent's trapped foot.

From the author of *Living the Martial Way*, comes...

Waking the Snow Leopard

A tale of conspiracy, sexual manipulation, and international intrigue

Owen Powell, a former U.S. Army Ranger and intelligence officer, extensively trained in the martial arts and educated in the best universities, was bred and groomed to be one of the most powerful men in the world. He has inherited the role of Arbiter, the ultimate authority in disputes between Great Houses of the Covenant, a powerful, secret religious order with tentacles that span the globe. But he doesn't know any of this because his father was murdered before passing on the family legacy.



At the dawn of the third millennium, Covenant leaders meet to discuss an ominous prophecy. The world faces an apocalypse. The Arbiter will wake and the fate of humankind will hinge on a choice he will have to make. Covenant factions and two brilliant and beautiful women vie to bend Powell to their own designs. Little do they know the perils they face when they wake the Snow Leopard.

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STEP 4

From here, it is possible to submit your opponent by pulling the foot in for a footlock. The trick here is that Anderson pushes his left foot to the ground as he pulls on the foot.

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SWEEP VARIATION

If Anderson has a difficult time completing the footlock, he has the option to sweep his opponent.

STEP 1

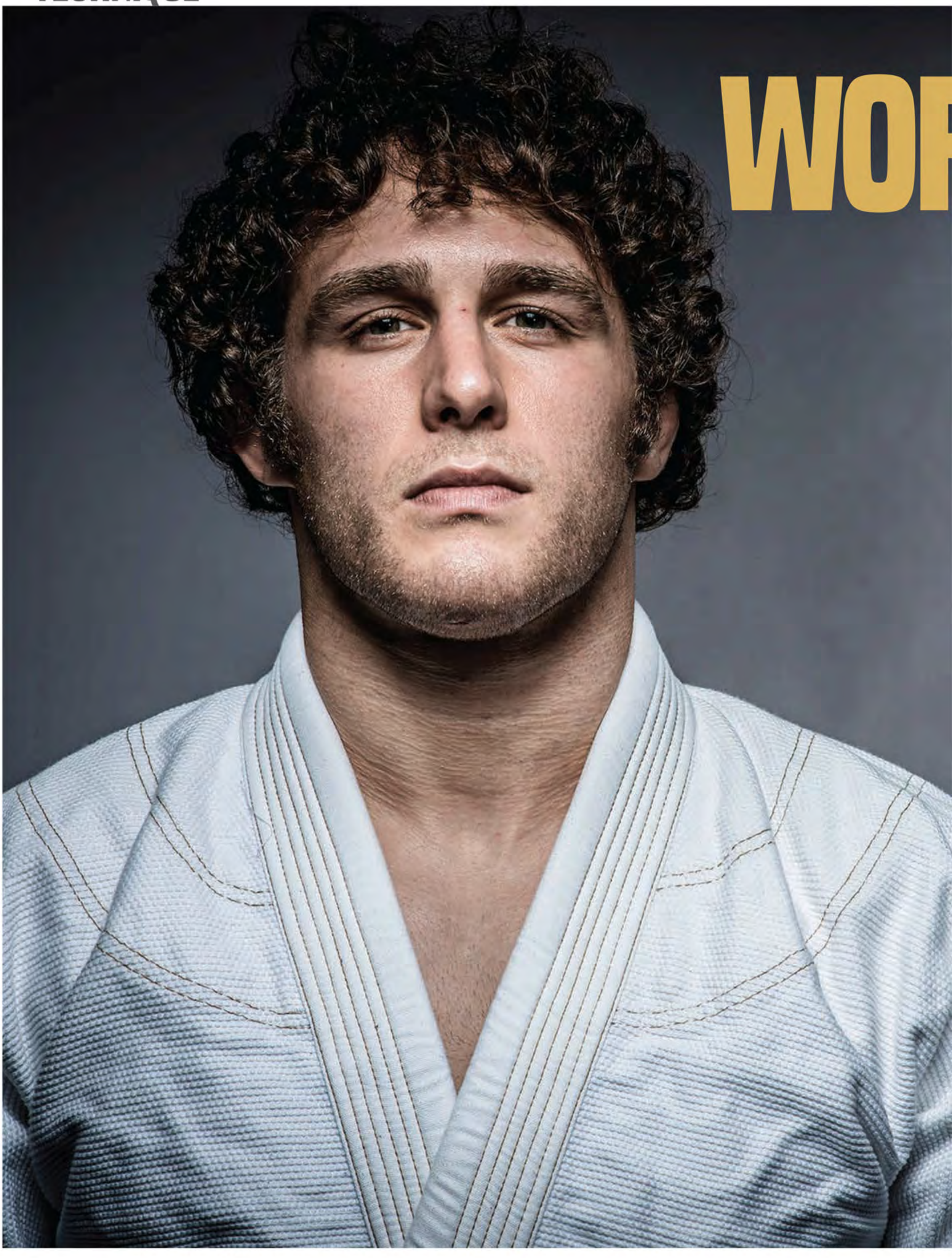
To perform the sweep, Anderson will move his head to the opposite side he decides to sweep. In this situation, Anderson wants to sweep his opponent to his left, so he moves his head to the right side.

STEP 2

To perform the sweep, Anderson will maintain the foot control in his hand while releasing his legs in order to post his right leg to create the leverage necessary to generate the sweep.

I've been watching Anderson Silva fight in the Octagon for over a decade. I've witnessed his career highs and lows from the comfort of my living room. He's a legend in the sport of MMA and in martial arts. Getting the chance to meet face to face with a figure of such regard is not only an honor but also an experience I will pass down for the rest of my life. After spending an afternoon with the Spider, you will instantly know of his kindness, his love for his children, and the passion he has for his craft.

I've determined one thing for certain... Anderson Silva is crazy! He has an insatiable appetite to keep going forward. This applies to his competition mentality and his strive to constantly improve himself. There is no top to the mountain Anderson Silva climbs. Anderson will tell you this himself that he has crazy ideas. He also says the greatest people will have the craziest ideas. From this he has self-diagnosed himself as insane. Whether Anderson truly is insane or just a larger-than-life dreamer, he can't be crazier than anyone willing to enter the octagon with him.


WOR

RKING THE X-GUARD WITH JON SATAVA

WORDS: **WILL SAFFORD** | PHOTOS: **RIC RICARD**

The X-Guard is an advanced position used for an arsenal of offensive techniques. It's a powerful guard to sweep with as you can unbalance your opponent in every direction and often go directly into a pass. You can use the X-Guard to attack submissions like triangles, omoplatas, and armbars, and it's tricky to pass, as your opponent's base and balance are immediately compromised. That's why many of today's top competitors employ the X-Guard and its variations to subdue advancing passers and attack from the bottom.

Jon Satava is one of those top competitors and black belt under Marcelo Garcia, the man who brought the X-Guard to the competition forefront. Satava has made a name for himself amongst the elite ranks with a skillful understanding and use of the position. Today he shows us a few techniques starting with an X-Guard entry into a high-percentage sweep. Then, he'll go over a few sweeps and submissions and finish with a flashy sweep into his favorite submission: the north/south choke. The key to getting comfortable in the X-Guard is to drill it regularly and pay close attention to your grips, sequencing, and timing.

RAW DATA
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Lineage:
Mitsuyo Maeda > Carlos Gracie > Helio Gracie > Rolls Gracie > Romero Cavalcanti > Fabio Gurgel >Marcelo Garcia > Jonathan Satava

MAIN ACHIEVEMENTS:
- World No-Gi Champion (2012 purple, 2014 brown)
- Pan American Champion (2014 brown)
- Pan American No-Gi Champion (2012 purple absolute, 2013/2014 brown)
- New York Spring International Open Champion (2014 brown weight + absolute, 2015)
- New York Summer International Open Champion (2014 brown, 2015 weight + absolute)
- New York Summer No-GI International Open Champion (2015)
- World No-Gi Championship 2nd Place (2015)
- New York International Open Championship 2nd Place (2013 purple)
- New York Summer International Open 2nd Place (2013 purple)
- World Championship 3rd Place (2012 purple)
- Pan American Championship 3rd Place (2014 brown absolute)
- Pan American No-Gi Champion 3rd Place (2012 purple, 2015)
- New York Summer No-GI International Open 3rd Place (2015 absolute)

FAVORITE POSITION/TECHNIQUE: North South Choke
WEIGHT DIVISION: Peso Medio (Middle Weight) – 181lbs/82kg
TEAM/ASSOCIATION: Alliance

THE X-GUARD IS AN ADVANCED POSITION USED FOR AN ARSENAL OF OFFENSIVE TECHNIQUES.

X-GUARD ENTRY FROM BUTTERFLY GUARD TO X-GUARD SCISSOR SWEEP

STEP 1

Starting from Butterfly Guard, grip your opponent behind the elbows with both hands.

STEP 2

Scoot your hips forward then pull your opponent toward you as you lean back and lift him with your hooks up and over to the right.

STEP 3

As you're lifting your hooks and falling to your back, scoop up his right leg with your left arm to bring it onto your shoulder.

STEP 4

Finish the transition underneath your opponent in X-Guard, securing over his right knee with your right hand.

STEP 5

As your opponent attempts to dismantle your hooks, reach up and grab the gi on his right shoulder with your right hand, pulling him down towards you.

STEP 6

Sweep your opponent backward by first dropping your lower hook behind his ankle. Then, push him back with your upper hook on his hip and hand on his shoulder.

STEP 7

Use the hook behind his left leg to pull it towards you while sitting up, making a grip on his pants.

STEP 8

Secure the sweep by coming up and holding both of your opponent's legs, being careful of the triangle.

TRIANGLE FROM X-GUARD

STEP 1

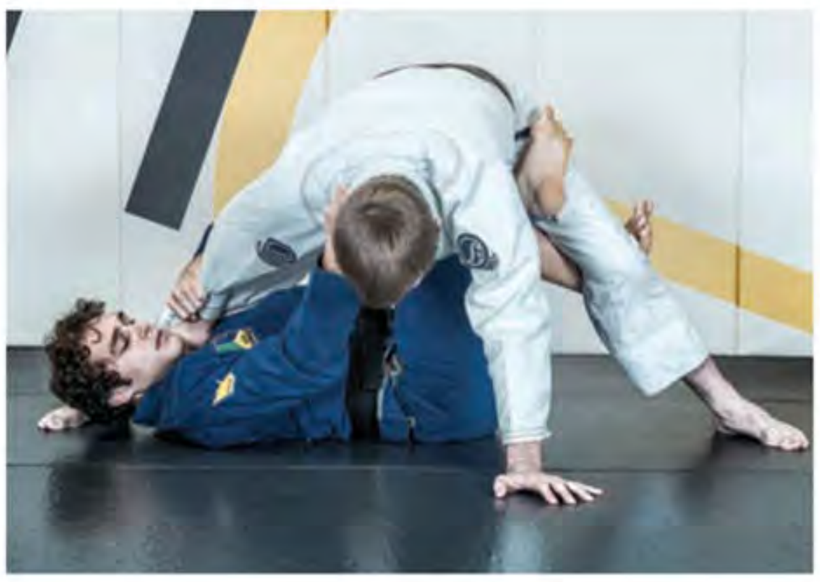
Start underneath your opponent in X-Guard with both hooks on his back leg and your arms around his front knee.

STEP 2

Move your bottom hook up behind your opponent's butt, then use your hooks to lift him up and over to the right to make him post on his hands.

STEP 3

Scoop up your opponent's near arm and pass it to your left hand, securing it with a tight grip. After you pass the arm, reach up, grabbing his collar with your right hand.



STEP 4

Next, bring your top hook up onto your opponent's near hip.

STEP 5

Don't immediately shoot for the triangle, instead, lift your opponent with your hooks to create a better angle and more of a surprise attack.

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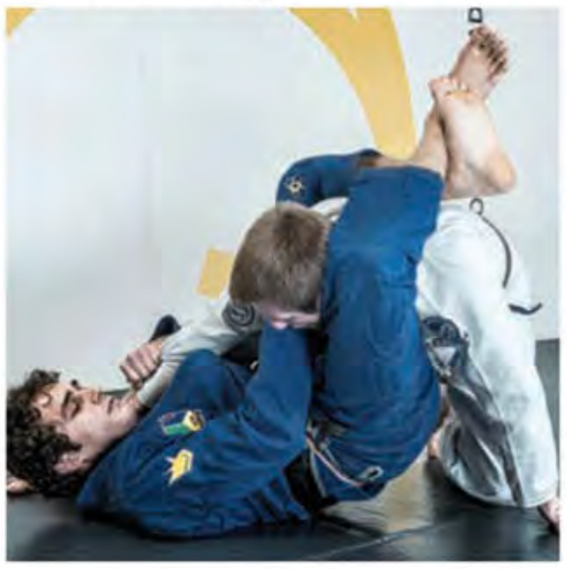
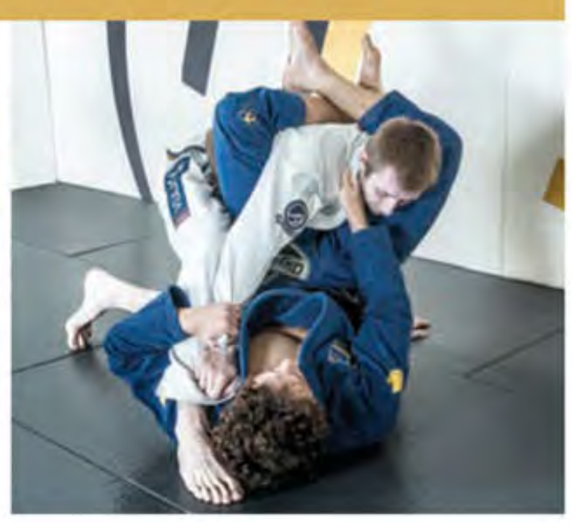
STEP 6

Take your feet off of your opponent's hips and shoot them up around his neck as he falls into the triangle.



REVERSE ANGLE



STEP 7

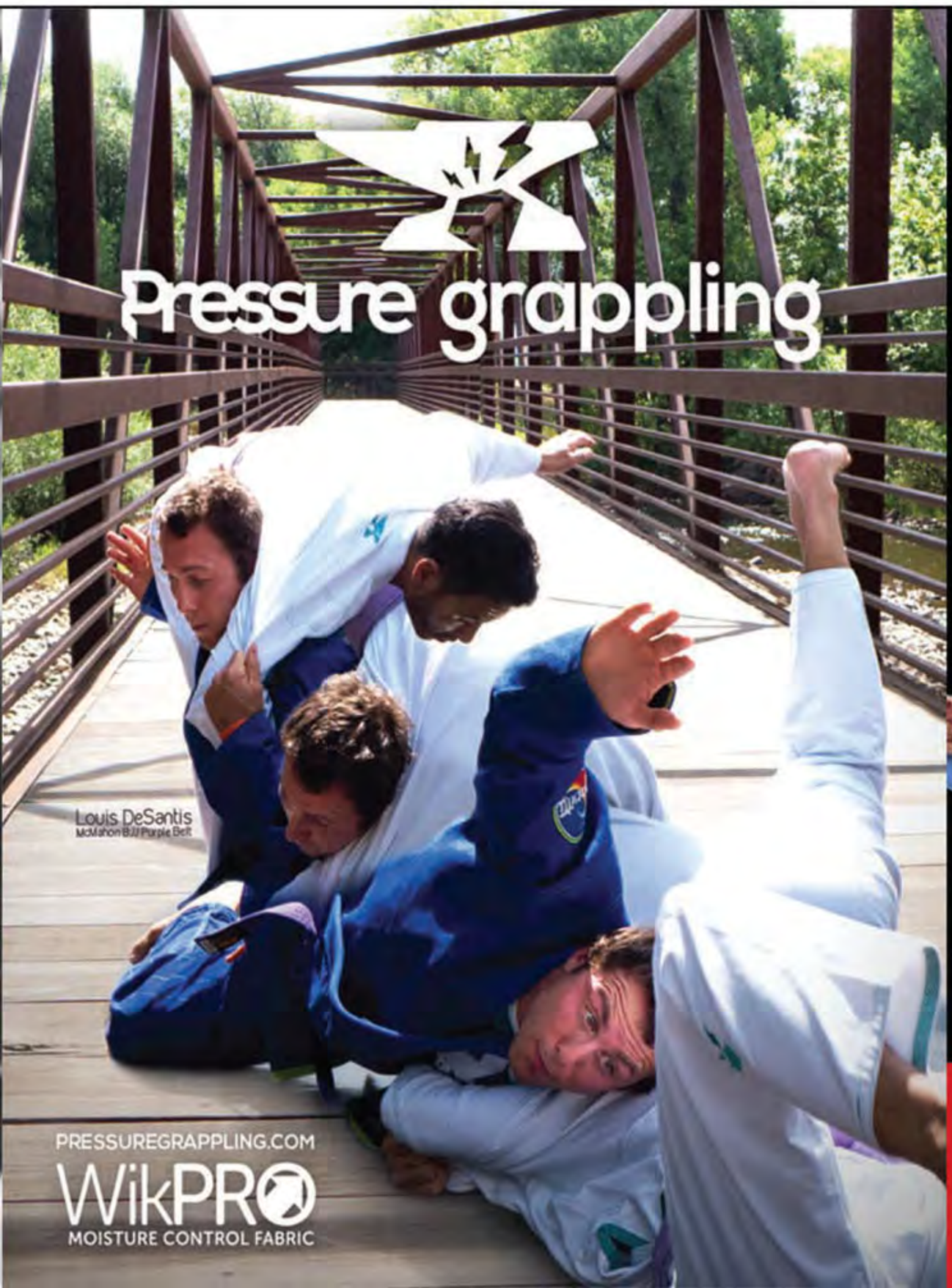
Adjust your legs and the angle of your hips to get the best bite on your opponent's neck and ensure the submission.

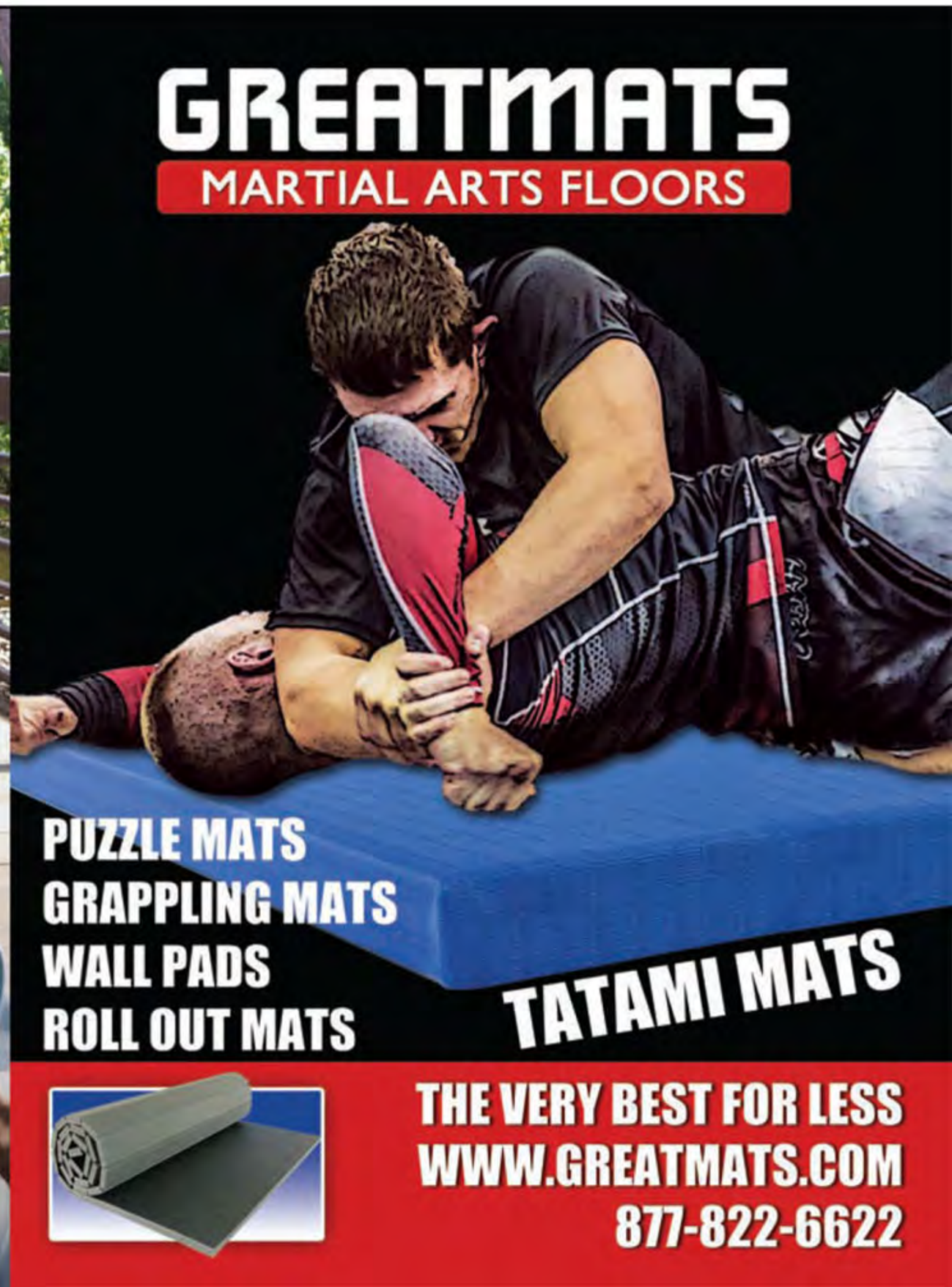
STEP 8

Then, pull your opponent's arm across his body to set up the finish.

STEP 9

While maintaining his leg with your left hand to prevent him from posturing up, pull down on the back of his head with your right hand to get the tap.





OMOPLATA SWEEP FROM X-GUARD TO SPIRAL ARMBAR

Sometimes the triangle isn't always available if your opponent is too far away. In that case, the arm is still available for the omoplata shoulder lock. Or you can sweep from the omoplata and set up attacks from the top.

STEP 1

Start in X-Guard with your opponent's posture broken down and where you've already scooped up his arm and made the correct grips on his sleeve and collar. See Steps 1 through 4 from the triangle sequence.

STEP 2

Lift your opponent up with your legs to set up the attack.

STEP 3

As he's up in the air, quickly remove your legs from his hips and shoot the omoplata with your left leg over his right arm.

STEP 4

Figure-four your feet to secure the omoplata. Maintain the grip on his collar and stretch your legs forward to break his posture.

STEP 5

Sweep him over by turning down toward your right while keeping the grips on his leg, sleeve, and collar.

STEP 6

To set up the spiral armbar, step over his head with your right leg and switch the grip that was on his collar to behind his right elbow. The grip that was on the leg switches to the mat for base.

STEP 7

Sit to the mat, securing his arm tightly between your ribs and arm, and put heavy pressure down with your right leg to prevent the escape.

STEP 8

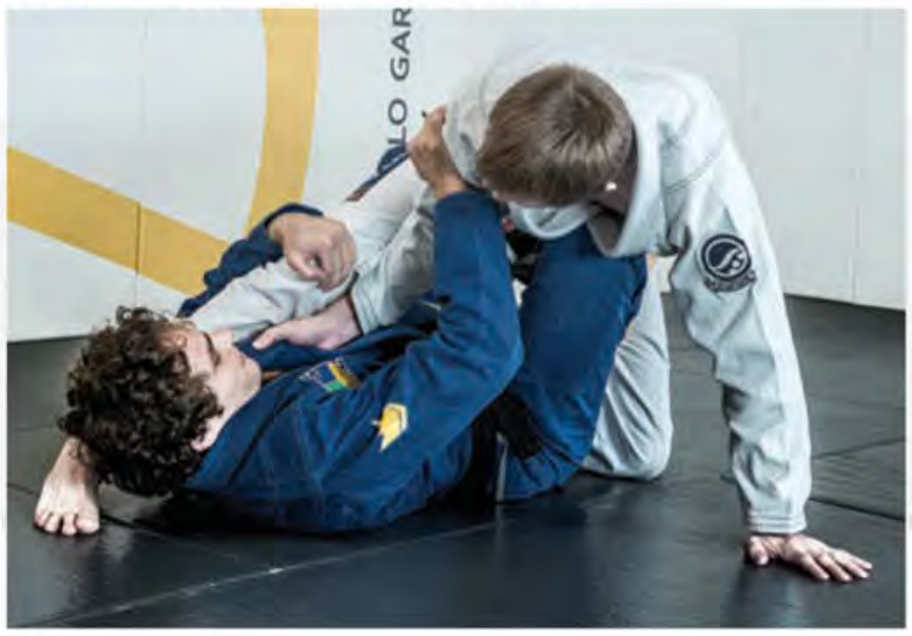
To finish the spiral armbar, align your left thigh with your opponent's elbow and squeeze your knee inward with your right hand as you put downward pressure with your ribs.

X-GUARD SWEEP TO KNEE-ON-BELLY TO ARM BAR

Sometimes your opponent will drop to one knee when in the X-Guard to lower his base and prevent being swept backwards. When this happens, you can still sweep him forwards if you remove his posting arm, and often you can go right into a pass off the sweep.

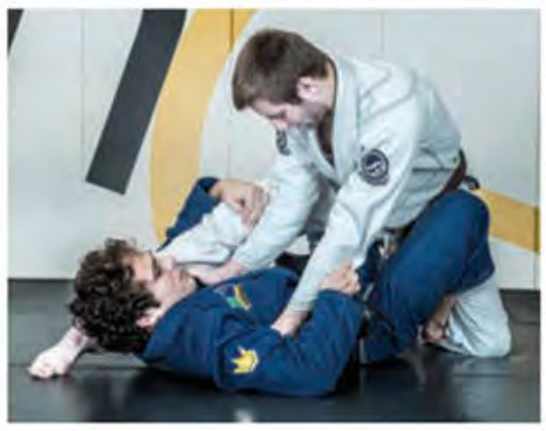
STEP 1

Start in X-Guard with your opponent grabbing your collar and lowered to his back knee.



STEP 2

Quickly go for your opponent's wrist before he can move his hand and grab some fabric. The grip doesn't have to be perfect, just grab what you can.



STEP 3

Pull his arm in toward you, taking out his posting hand.

STEP 4

From this position you don't want to sweep your opponent straight back. Instead, lift your hooks and sweep him toward his left shoulder.

STEP 5

Come up into a knee-on-belly position by posting out with your right leg and settling your knee into your opponent's stomach. Pull up on his left arm, keeping your original grips throughout the sweep.

STEP 6

Transition to the armbar by first moving your left shin up into your opponent's armpit.

STEP 7

Then, in one fluid movement, step your right leg over his head and sit your hips close to his face to set up the armbar.

REVERSE ANGLE

STEP 8

Finish the armbar by squeezing your knees together, pulling down on your opponent's wrist and lifting your hips.

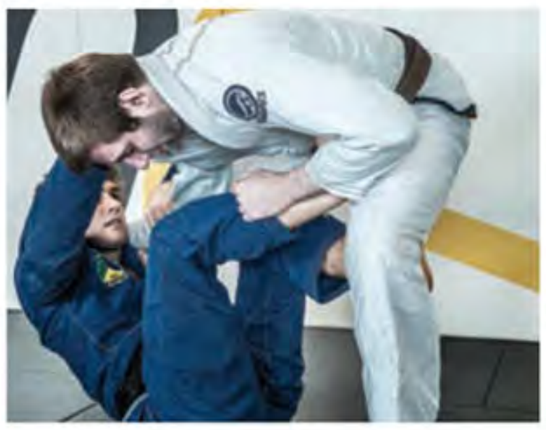
X-GUARD REVERSE SWEEP TO NORTH/SOUTH CHOKE

STEP 1

Start in X-Guard and make the same grips from the triangle and omoplata set-up, passing your opponent's left hand to your left, and reaching for his collar with your right.

STEP 2

Push your opponent back with your hooks as you sit up, bringing him onto one leg.



STEP 3

Fall back to the mat and pull your opponent over you as you remove your hooks. While in transition, replace your feet so your right foot is on the front if his hip and your left foot is on his left inner thigh.

STEP 4

Using your feet, push your opponent up and over you while maintaining your original grips.

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STEP 5

Use the momentum from falling to your back and the push with your feet to roll over your shoulder. At the same time, shoot your hips up in the air to pop over your opponent.

STEP 6

Land in side control and hug his head with your right arm to secure the position.

STEP 7

Immediately transition to North/South position by moving your right arm over your opponent's head while walking your feet to the right. Keep heavy downward pressure with your chest and quickly close the space between your ribs and his face to prevent him from turning away from the choke.

STEP 8

To finish the choke, clasp your hands together underneath your body, turn your hips down to prevent him from rolling, and drop your right shoulder heavy onto his neck.

The X-Guard can be used for gi and no-gi, however, many of the positions Satava demonstrated are dependent on gi grips. Learning these moves in the gi will also slow down the action and allow you to focus on each step. Put an emphasis on learning the proper grips and keeping strong, active hooks with your feet in the X-Guard. Remember, the knee that's pointing behind your opponent is always the top hook in the X. The knee pointing toward the front is the lower hook. Once you get comfortable underneath your opponent, you'll be able to enforce a strong offensive game with sweeps, passes, and submissions.

GEAR LAB

XYIENCE NUTRITION

MEN'S STRENGTH AND CONDITIONING PRE -WORKOUT

XYIENCENUTRITION.COM

I'M A BIG FAN OF FACTS. I LIKE THINGS THAT I CAN MEASURE, THAT I CAN COMPARE, ESPECIALLY WHEN IT COMES TO SEARCHING OUT A SPECIFIC RESULT. I want to lift 100lbs, o do 50 hip escapes, stuff like that. When it comes to product reviews here at the magazine, you'll see gi reviews, or bag reviews that can be measured. For that reason it's not too often we review supplements. We don't have the resources to do a clinical study to prove or disprove claims. Occasionally we come across a product that produces undeniable results. We still subscribe to the standard that honesty is the best and only policy. With that in mind, let's talk about Xyience Nutrition Men's Strength and Conditioning Pre-Workout.

WHAT IT IS

Unlike most pre-workout drinks that are designed and marketed towards body builders, Xyience Pre-Workout drinks are designed for athletes who want a steady, sustainable stream of energy that will avoid those highs and lows that we might experience with other formulas. This makes them perfect for jiu-jitsu or the type of strength and conditioning workouts that would benefit our jiu-jitsu. Many of the ingredients used in the formula tested are patented and designed for the absolute best bioavailability, which means your body gets the most out of those ingredients.

The ingredients are broken down into three categories: The Muscle Matrix which includes ingredients like GlycoCarn® [L-Glycine, L-Carnitine blend], Sustamine® [a combination of L-Alanine and L-Glutamine], Kre-Alkalyn® [form of creatine that does not cause intestinal distress or bloating, with no need for a loading phase]. This matrix of ingredients is there to give your body the fuel to burn during your workout along with aid in muscle recovery. The next set of ingredients are the Neuro Factors. These ingredients include AlphaSize® to help reduce mental fatigue and keep you focused, and 150mg of Caffeine derived from green coffee bean extract. This is a very pure form of caffeine and is less than what's found in most other pre-workouts so that you don't experience the hard crash and drain on your adrenal system. Also in this mix is SerinAid® which is a form of Phosphatidyl Serine, that's there to help keep your mental focus up and stress down. And finally the Nitrate/ Anti-Oxidant blend. The first ingredient in this blend worth mentioning is purple sweet potato extract, which is known to have antioxidant and anti-inflammatory properties. It's also known to help lower the potential risk of heavy metals and oxygen radicals. Next on the list is beetroot extract. This ingredient has shown in studies to help lower blood pressure and help enhance nitric oxide production in the vascular system, which means better blood flow, and improved oxygen levels, as well as helps to regulate insulin response. Last on the list is fulvic acid mineral base. This helps with everything from digestion, brain function, detoxification, inflammation, energy levels, and helps all the other ingredients do their jobs.

Supplement Facts
Serving Size 1 Stick Pack (10g)
Servings Per Container 15
Amount Per Serving
Calories 5
Total Carbohydrate 1 g
Muscle Matrix 7800 mg
GlycoCarn® (Glycine Propionyl-L-Carnitine HCL, USP), Agmatine Sulfate, Sustamine® L-Alanyl-L-Glutamine, Kre-Alkalyn® creatine, N-Acetyl L-Cysteine
Neuro Factors 600 mg
N-Acetyl L-Tyrosine, Alphasize® Alpha-Glyceryl Phosphoryl Choline, Caffeine Anhydrous (150 mg), SerinAid® PhosphatidylSerine
Nitrate/Anti-Oxidant Blend 205 mg
Purple Sweet Potato Extract, Beet Root Extract, Rhaponticum Carthamoides (Maral Root) Extract, Rhodiola Rosea Powder, Fulvic Acid Mineral Base
Other Ingredients: Natural Flavor, Citric Acid, Silicon Dioxide, Modified Cornstarch, Sucralose, Acesulfame-K, Maltodextrin

Hey Ladies!

Xyience didn't leave you out, rather than a "one size fits all" formula, they instead customized a formula specifically for women. There are some subtle differences that make it more suited for our differing biology. First, it contains about a third less caffeine. Second, it does not contain any Kre-Alkalyn which is known to promote muscle gain. And third, it contains a vegetable extract made from cruciferous vegetables called diindolylmethane known as DIM. This is a clinically proven molecule that binds to excess metabolized estrogens in the body. The DIM helps clear these out, but excess can cause inflammation, hormonal dysfunction, and imbalance. There are actually benefits there for men as well, but according to Xyience, the benefit is greater for female athletes.

HOW TO TAKE

Xyience Men's Strength and Conditioning Pre-Workout is sold in a 15-serving container. Each serving comes in a 10-gram stick pack that you mix with 6-8 ounces of cold water that you're instructed to take 30 minutes prior to your workout. I've been using the pre-workout for a few weeks now and I've been doing exactly as prescribed, consuming it as soon as I wake up at 5:30 for my 6 a.m. workouts and about 15 minutes before my jiu-jitsu training. I leave that extra 15 minute gap in there for the jiu-jitsu since the first minutes are usually low impact warm-ups and stretches. Save the good stuff for the training. ;)

The 10g stick mixes easily with water with no clumping and is completely soluble. The first time

I drank it, it was a little tough to get down. It does have the fruit punch flavor as advertised, but there's a bitter "mediciney" taste that accompanies it. However, I'm pleased to say that by the 4th or 5th time taking it, I became accustomed to the taste and now it's like I only taste the fruit punch. Strange but true.

THE WORKOUT

There's no magic "jolt" that comes with the Xyience Pre-Workout, and that's a good thing. You don't feel it kick in; however, by 6 am, after getting to the gym, I'm ready to go. I don't feel that dread of not being completely awake. Recently, I started doing CrossFit as part of my strength and conditioning (yes, I CrossFit) and at the end of my WOD (OMG I can't believe what I've become), I routinely find I'm able to push myself so that I'm high up on the leader board (make it stop). During my real test, my jiu-jitsu training, the effect is similar. Recently I returned to training from a four week absence due to shingles. In the deep rounds of sparing, even though my cardio was toast and I was sucking wind from lack of training, my body and mind wanted to keep going, and I did. I didn't suffer that fatigue that I was expecting. Another use I found for the Xyience Pre-Workout was as a replacement for my afternoon coffee. I don't drink coffee every afternoon, but at least twice a week, 3 o'clock will roll around and I'm dragging big time. Rather than head down to Starbucks, I've gone with Xyience Pre-Workout. Nursing a glass satisfies that need to drink something, while at the same time giving me that slow, steady, pick up. Compared to a late coffee, I had no problem getting to bed at a decent hour. While at the Masters Worlds I ran into a gentleman, a black belt who discovered the exact same use for it, along with its use as a pre-workout.

CONCLUSION

I've trained plenty without taking any sort of pre-workout besides a banana, an apple, or some other source of carbs to get me through. However, the early A.M. workouts suck without some form of stimulation. Plus, there are a lot of added benefits that the right pre-workout can provide, not only in the heat of the training but after. Xyience Men's Pre-Workout is that pre-workout. It's got all of the good stuff without the bad stuff that some of the other pre-workouts contain. I must tell you that previous experience kept me from trying other pre-workouts for a long time. After talking to Danny Kaczmarek, Xyience's Chief Science Officer, at length on the subject, I decided to give it a try. I'm glad that I did. My only concern worth noting is the price. A 15-serving container will run you $54.99 on their website. That's about $3.66 a serving. Now, put into perspective it's not bad. It's less than a can of Red Bull and WAY more beneficial; however, the initial investment needs a little perspective. A $390 gi won't help your jiu-jitsu or your training, but this will. It will help you go deep in your training with energy to spare. Xyience has provided our readers with a 5% discount along with free shipping. Just use the code XY1968 at checkout. Ug, that last part makes this feel like advertising, but it's not. I'd never recommend a product to you that I didn't believe in and use myself. This stuff is made for grapplers and I've found it to work great in my own use. I think you will too.

IS IT LEGAL?

We've all heard of the athlete, jiu-jitsu or otherwise, that will be quick to blame his pre-workout should he or she turn up positive after a USADA test. In researching this article, I was shocked at how many pre-workouts are on the USADA's High Risk List. Most of them get flagged for excessive stimulation. You'll be happy to know that not a single Xyience product was on that list, nor are any of the ingredients in the Pre-Workout on the banned list in or out of competition. So, if you're a black belt competing at the Worlds or Pans, or just don't want to "cheat", know that you're not breaking any rules taking this supplement.

VERDICT

A pre-workout designed for the needs of grapplers.

HITS:

- Steady and sustained energy
- Tastes good once you get used to it
- Convenient pre-measured doses
- Multiple nutritional benefits beyond stimulation

MISSES:

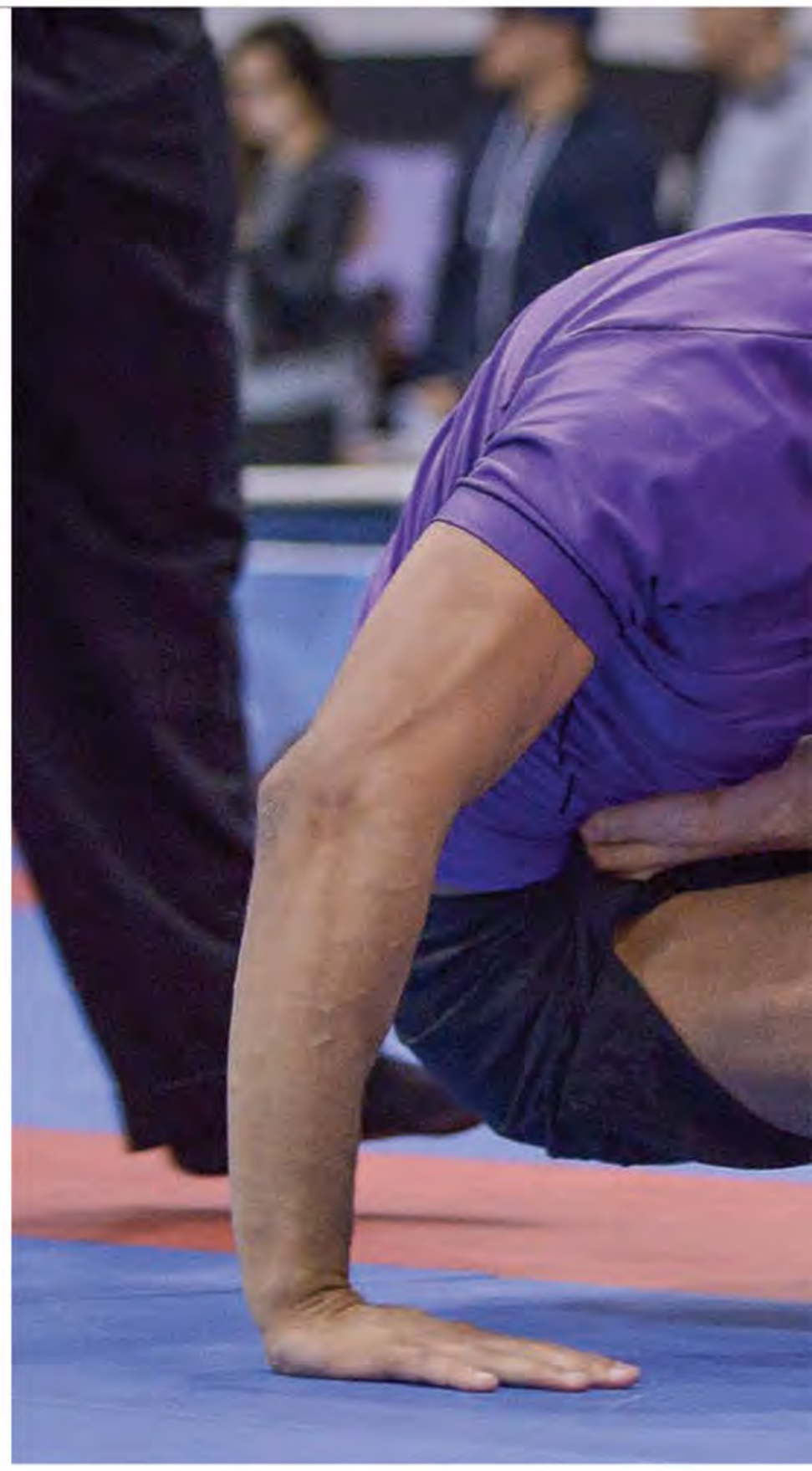
- High initial investment
- Taste takes a little getting use to

VERDICT

Solid value with a long list of features

PERFORMANCE	★★★★★
VALUE	★★★★½
OVERALL	★★★★½

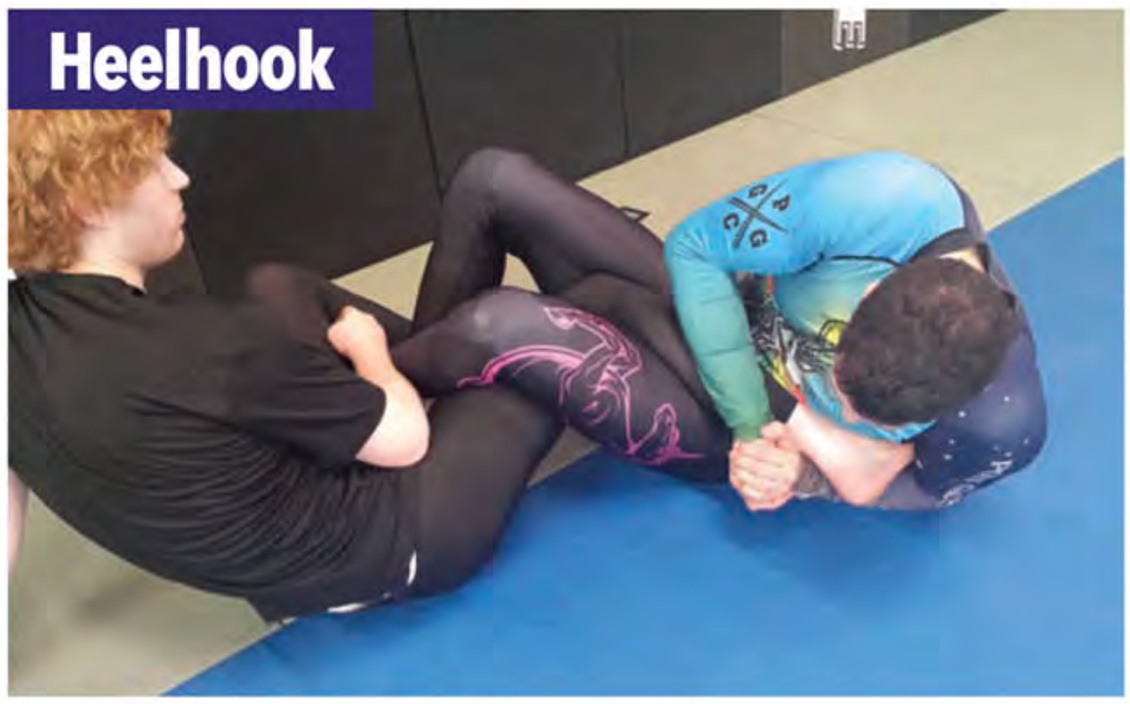
LEARN LEGLOCKS

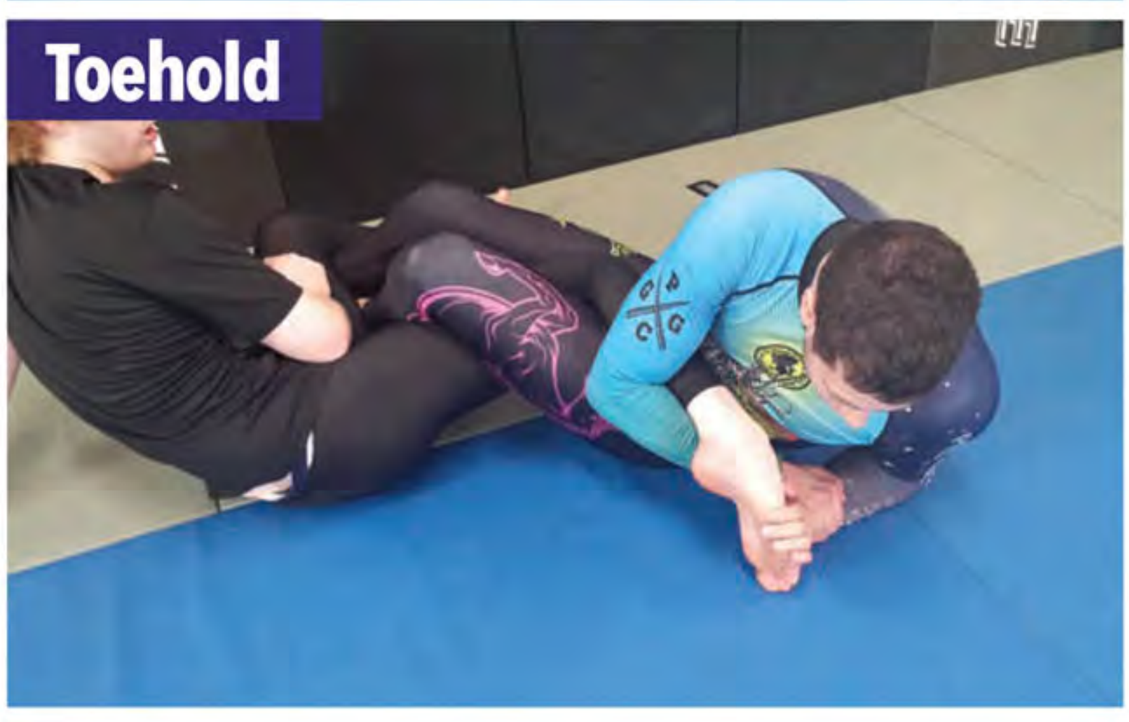


WORDS: **EMIL FISCHER**

IT'S A WELL KNOWN FACT IN THE JIU-JITSU COMMUNITY THAT LEGLOCKS ARE IN VOGUE. THEY'RE THE "IT" SET OF MOVES OF THE PAST COUPLE OF YEARS, AND IT WOULD APPEAR THAT THEY ARE HERE TO STAY. With the rise of the no-gi submission only tournament and the influx of highly technical leg lock experts, if you don't know leglocks, you may find yourself on the receiving end of one in the near future, or you may miss opportunities to use them to win matches.

There are five major kinds of leglocks: heelhooks, anklelocks, kneebars, calfslicers, and toeholds. The latter four are legal in IBJJF competition [straight anklelocks through white belt, kneebars, toeholds, and calf slicers in brown/black.] Those who decide to start learning leglocks later in their career are already at a disadvantage. There are, however, some steps you can take to start learning leglocks right now.





» LEGLOCK BASICS

Before you can ever really learn leglocks, you need to have a fundamental grasp of the guard. Most leglock entries are either achieved mid transition during a guard pass or while playing some sort of guard (specifically butterfly or De La Riva, although there are entries from most guards).

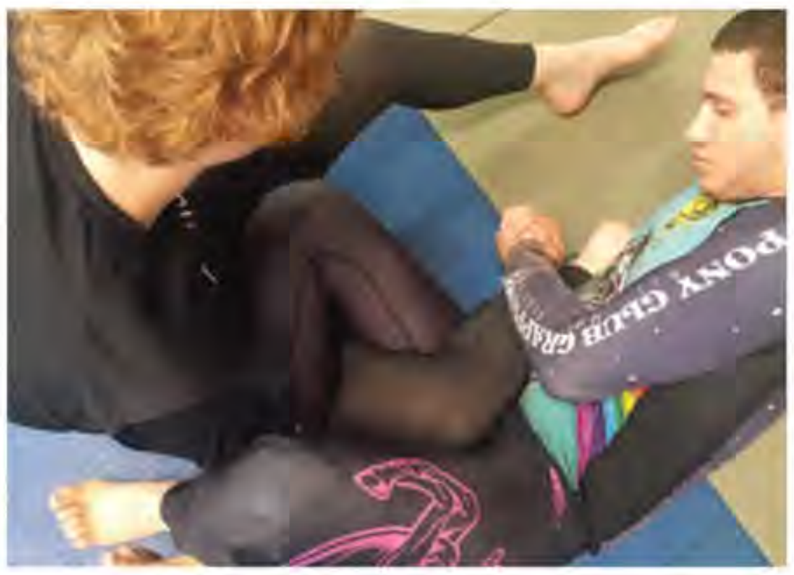
When it comes to leglocks, the finishes are far less important than proper entries. For a long time, my entries were flashy but incomplete. I was not achieving a solid "bite", and as a result, my opponents were surviving my leglock attempts, Learn the "bite" before the finish if you really want a formidable leglock game.

Learn them right or wait to learn them... The reality is that many practitioners are not quite ready to learn leglocks. When you are learning them, you need to both know how to tap quickly and how to apply a submission slowly enough for your training partner to tap in time. If you are just getting started with jiu-jitsu, learn fundamental techniques and positions first and follow your instructor's guidance.

STOP MOTION ROLLING

Learning leglocks can be a frustrating process. At the beginning, you will be what I like to call "tap happy." That is to say that you will actually tap TOO quickly to leglocks. There is a training method that I like to call "stop motion rolling" that I applied when first starting to learn the basics of leglocks.

In order to use this method, you need a training partner whom you trust. This method can initially seem tedious, but it actually helps greatly in understanding the dynamics of leglocks, both offensively and defensively.



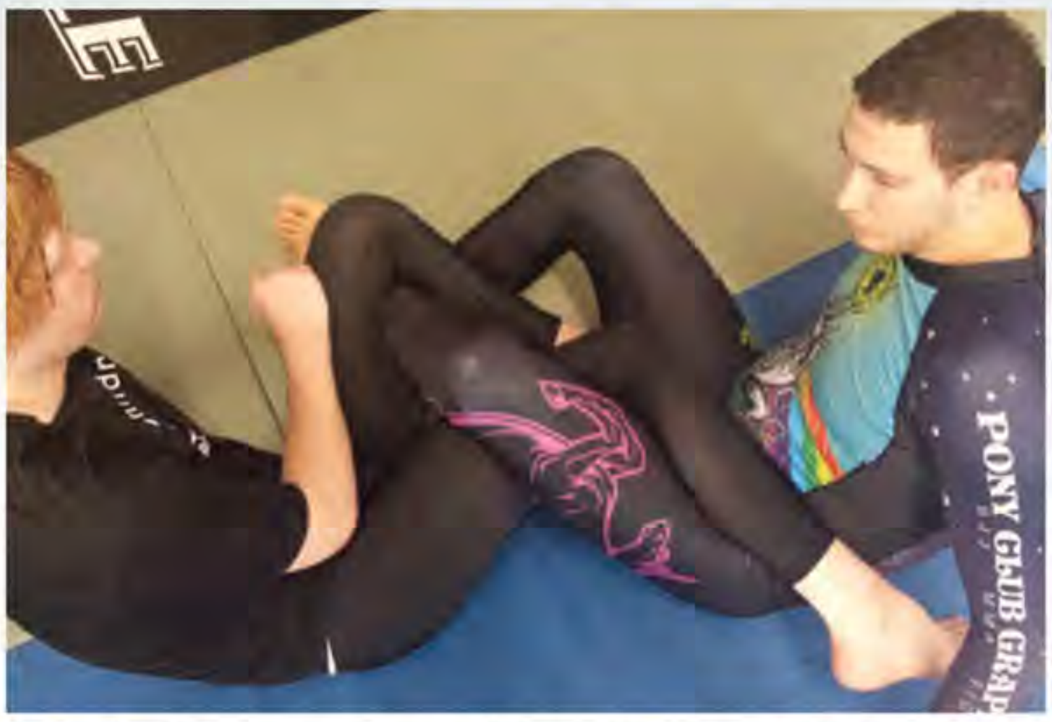
The way this method works is when you feel like you are caught in a leglock (or for that matter any submission), you ask your partner to hold the position, and then without any exertion, try to find a path of escape. Sometimes, it'll seem overly simple, but often it is! Submissions are very rarely inescapable, and if your training partner is not wrenching on the submission and giving you time to figure the escape out, you may have that escape at your disposal the next time you find yourself stuck in that position.

A word of caution with this: sometimes movements that look like escapes are actually very damaging. For example, when a heel hook is on, if you turn the wrong way, you can actually tear your own knee. Be very careful to never injure yourself while practicing stop-motion rolling; just because the other person is not wrenching on the submission doesn't mean you can't get hurt.

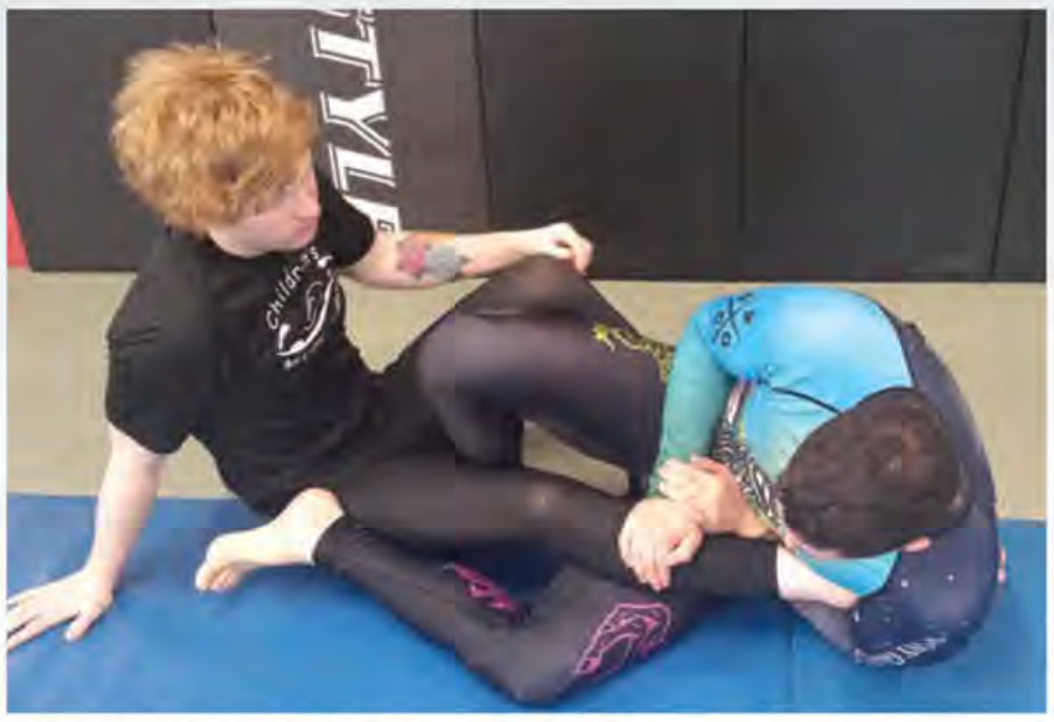
As you begin to learn the difference between escapable and inescapable positions and situations, you will begin to actually tap less and escape more, but you will tap earlier to situations that don't present you with easy opportunities to escape.

THE BEST OFFENSE...

The timeless adage applies especially well when it comes to leglocks: the best offense is, indeed, a good defense.



Every leglock has an appropriate defense, some being easier to defend and more forgiving, others going from zero to 100 with a very slight, seemingly insignificant, amount of effort. As you learn escapes, you will find that for every leglock there exists a counter. Sometimes it's a counter leglock; sometimes it's an improvement of position. This is an oft ci ed reason that MMA fighters don't go for leglocks more often; they'd rather not risk their submission attempt resulting in their opponent improving their position.



For every leglock you drill, drill its defense as well. This is an easy way to ensure that you don't have a disparity between your offense and defense. An easy drill is to have your training partner apply a leglock on you, you defend that leglock and go for one of your own, which they defend, thus cycling through the position and its subsequent options.

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GO WITH THE FLOW

Understanding each individual leglock is crucial, but equally important is the understanding of how to transition between different leglocks, positions, and situations. If you go for a kneebar and the other person intelligently defends, there may be a calfslicer or a toehold available to you. Similar opportunities exist for just about every leglock or leglock entry.

An intelligent opponent will be able to defend the first leglock attempt you throw their way, but the follow up attempts may be what catches them. Never drill just one leglock at a time, always drill to address the defense of your attempts by adding secondary attacks. Remember, these secondary attacks don't have to be leglocks!

The ability to flow between positions is useful in all of jiu-jitsu, but when it comes to leglocks, because we're dealing with such a strong group of muscles, if your opponent sees the move coming, their chances of defending it are pretty decent unless there's a huge difference in skill. For this reason, knowing how to flow between techniques is especially important when dealing with leglocks.

UNDERSTANDING RULES

The reality is that rules exist in competition, and if you plan on developing a leglock game for competitions, you really should make sure you understand those rules. The reap is one of the most important aspects of many leglock situations, and for better or worse is completely illegal in IBJJF and the vast majority of gi tournaments.

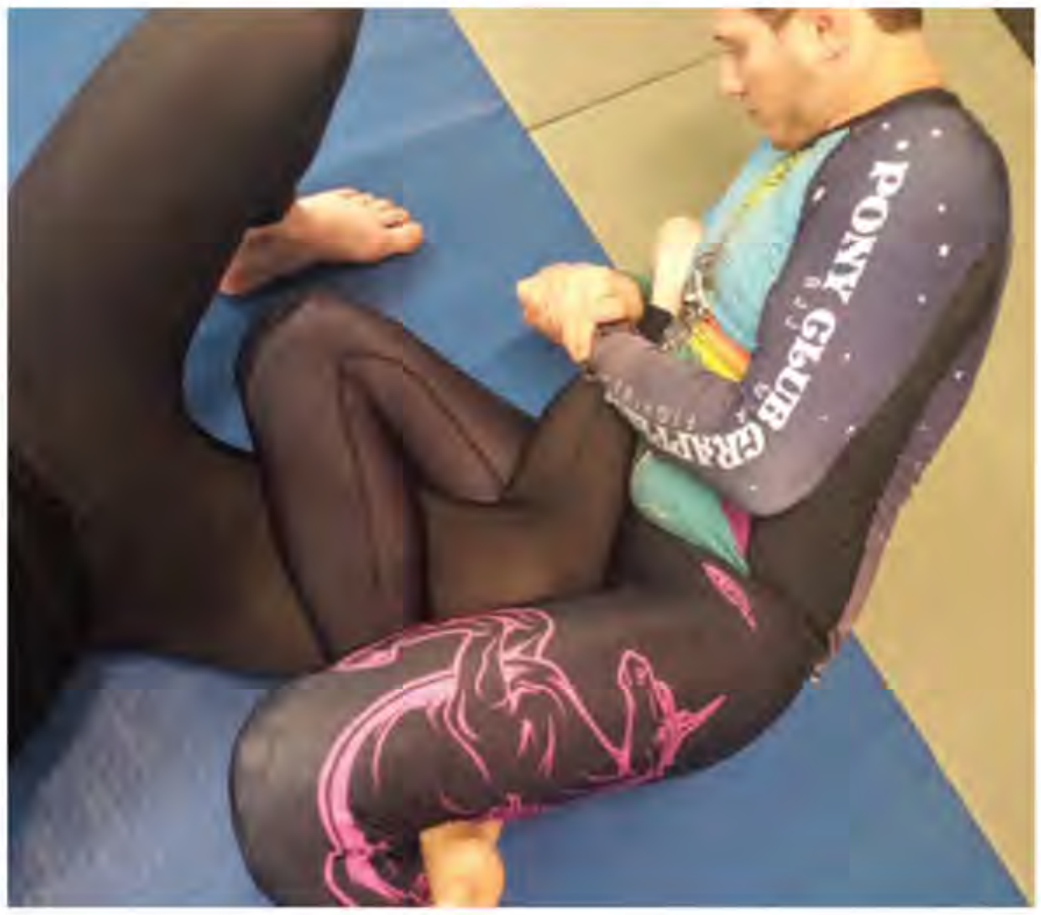
There are also specific rules as far as where your body can be when applying a leglock. Generally, these rules are so complex that rule books have entire sections covering them. Read these carefully and train accordingly if you intend on using leglocks in competition.

Learning how to execute the perfect heelhook won't help you in competitions where only straight anklelocks are allowed. Learn everything but if you're a competitor, focus your energy on that which you can actually use in competition. Don't neglect moves that may one day be a problem for you lest you wind up in an advanced no-gi competition and are up against a leglock-er.

BRINGING IT ALL TOGETHER

Leglocks are not going away anytime soon. If anything, more and more competitions will pop up that allow them. Understanding leglocks will help you both use them to submit opponents as well as to avoid getting submitted by them with leglocks.

There are many different experts out there and systems available to help competitors become excellent at attacking the lower body from catch wrestling to Sambo, from John Danaher's "Death Squad" to Dean "The Boogeyman" Lister. If you approach the learning process intelligently, you stand a much better chance of making sense of it all.



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Never let your back touch
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2016 IBJJF

MASTERS WOR CHAMPIONSH

WORDS **IVAN TRINDADE & PATRICK FLORES**

Las Vegas, "Sin City", endless buffets, and home to the 2016 IBJJF Master Worlds. For the second year in a row, the Master Worlds was held at the Las Vegas Convention Center. Competitors who've walked this earth for 30 or more years are able to sign up. Some would call it the "Old Man's Worlds", but walking in, I'd be afraid to call many of these competitors "old". Unlike the IBJJF Worlds held for the adult divisions, a fewer percentage of athletes competing are full time jiu-jitsu practitioners. A majority of people competing at the Master Worlds have to balance jiu-jitsu with a full-time career. Oftentimes, this means less time to dedicate to training, both physically, and mentally. This means waking up at 6AM, getting off work at 6PM, and dodging traffi to try to make a 7PM jiu-jitsu class.

The tournament was also part of Evexia Fit Fest that held the 2016 NPC Sin City Showdown. This bodybuilding tournament brought in men and women competitors from all over to give attendees something new to watch. While the bodybuilders flexed their muscles, grapplers from all over the world tried to strangle each other. Familiar competitors like Romulo Barral, who recently hung up his competition gi, apparently did so only for the adult division. He was competing and victorious in the Master 1 Heavyweight division.

Special thanks to all those that stopped by and said hi to us at the Jiu-Jitsu Magazine booth! Hope to see you all at the next one!

RLD
IP

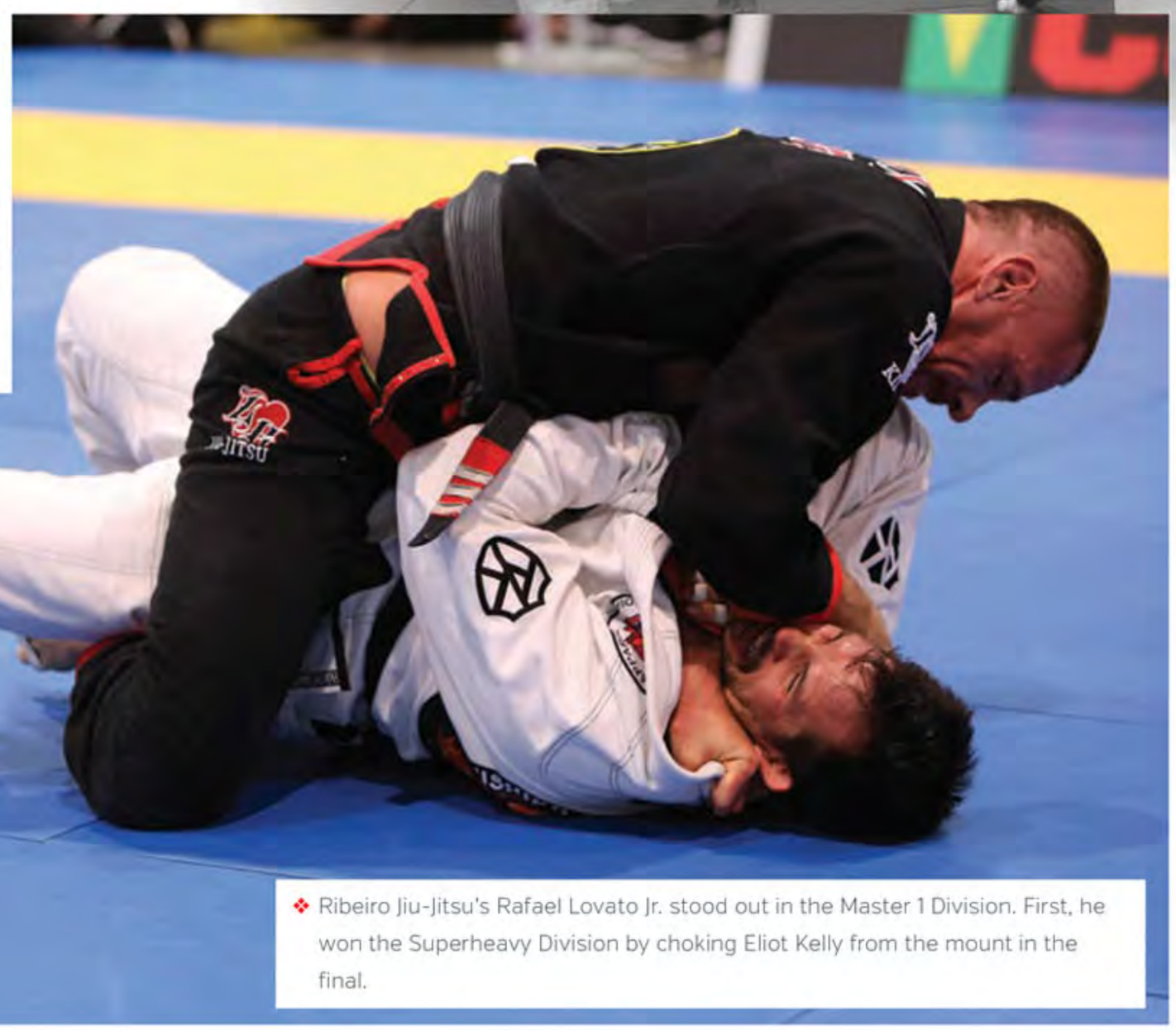
❖ Want to travel the world and compete, join the British Army!

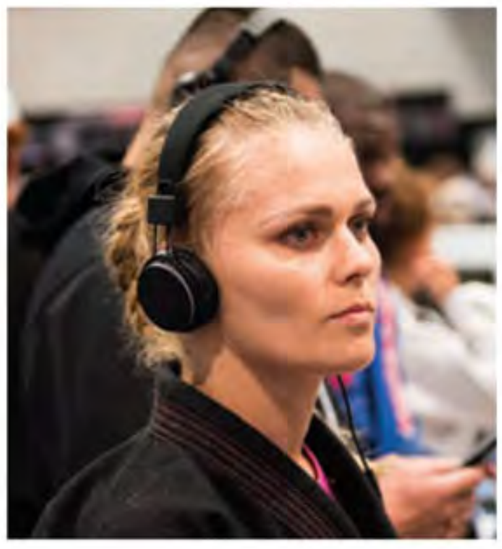
PHOTOS: **ANE NUNES / IVAN TRINDADE / GENTLE ART MEDIA, AND PATRICK FLORES**

❖ In the Master 2 Division, Gracie Barra's Flavio Almeida fought his heart out to achieve a double gold medal campaign. First, he won the Heavyweight Division with a 4-0 win over Fabricio Morango in the final. Then, Flavinho went after his second gold medal in the open class. He beat Diego Santana 9-0 in the semifinal and then beat Tiago Almeida in the final by one penalty. "It's my 8th competition this year. I'm so happy everything turned out alright. It's an honor to be able to come here, fight all those tough guys, and learn so much."

❖ Oli Geddes (above) did double duty competing and refereeing coming all the way from the UK. Ricardo "Franjinha" Miller (left) was on hand coaching his team Paragon students.

❖ Kelly had beat favorite Xande Ribeiro in the semifinal in the biggest upset of the day.



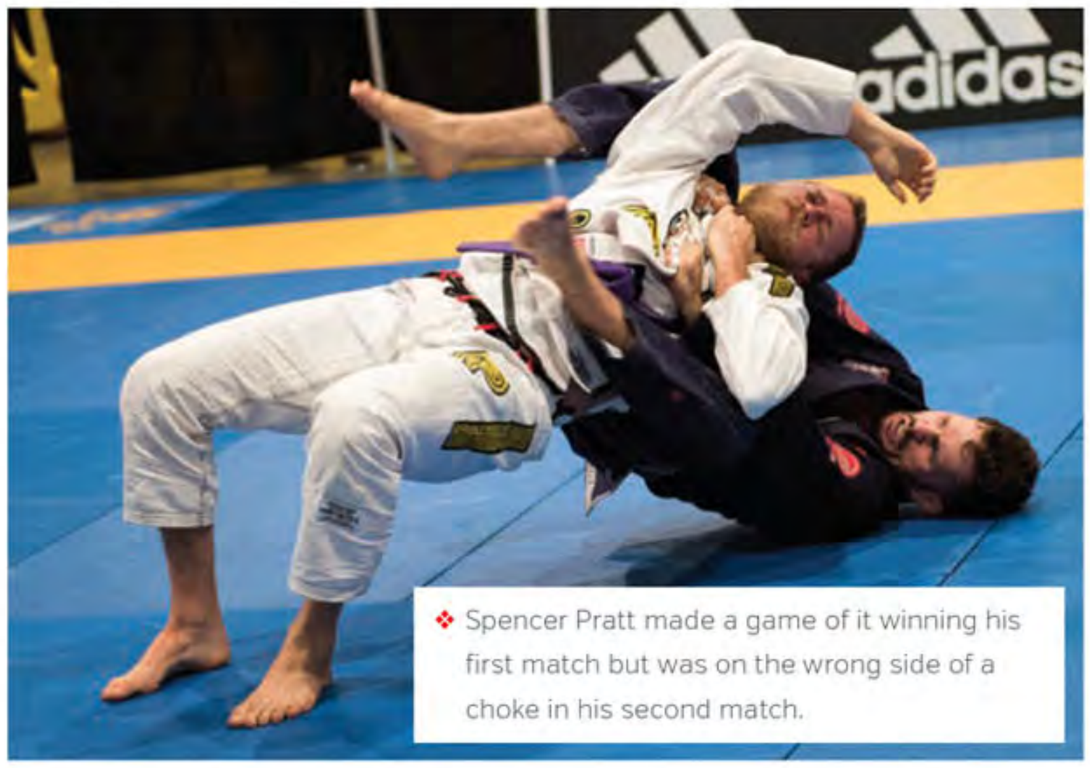


❖ Ribeiro Jiu-Jitsu's Rafael Lovato Jr. stood out in the Master 1 Division. First, he won the Superheavy Division by choking Eliot Kelly from the mount in the final.

❖ Then, Lovato and Xande went on to the open class, still in search of that first close out of a major IBJJF event. They were able to do that after Xande beat Rafael Barbosa 7-0 in the semifinal to meet Lovato in the absolute final. "It's a dream come true!" said Lovato.

Day 2 of the 2016 Worlds Masters had its high point with the black belt divisions from Master 3 to Master 6, for men and women. Now five time Master World Champion Saulo Ribeiro experienced a great deal of drama to reach his fifth gold medal. During the Heavyweight Semifinal, Saulo suffered a serious injury to his left rm.

Saulo's brother, Xande, explained how he was able to compete in the final against Cristiano Lazarini, "We taped it in place so he would be able to make his grips while standing." The quick fix proved to be effici t. Saulo was able to endure the pain and win 2-0 with a takedown for the gold medal. Then, he was off to the hospital. Later on, he wrote on his social media channels, "The body is in pain, but the soul is in peace." Saulo dedicated the win to his father.



❖ Spencer Pratt made a game of it winning his first match but was on the wrong side of a choke in his second match.

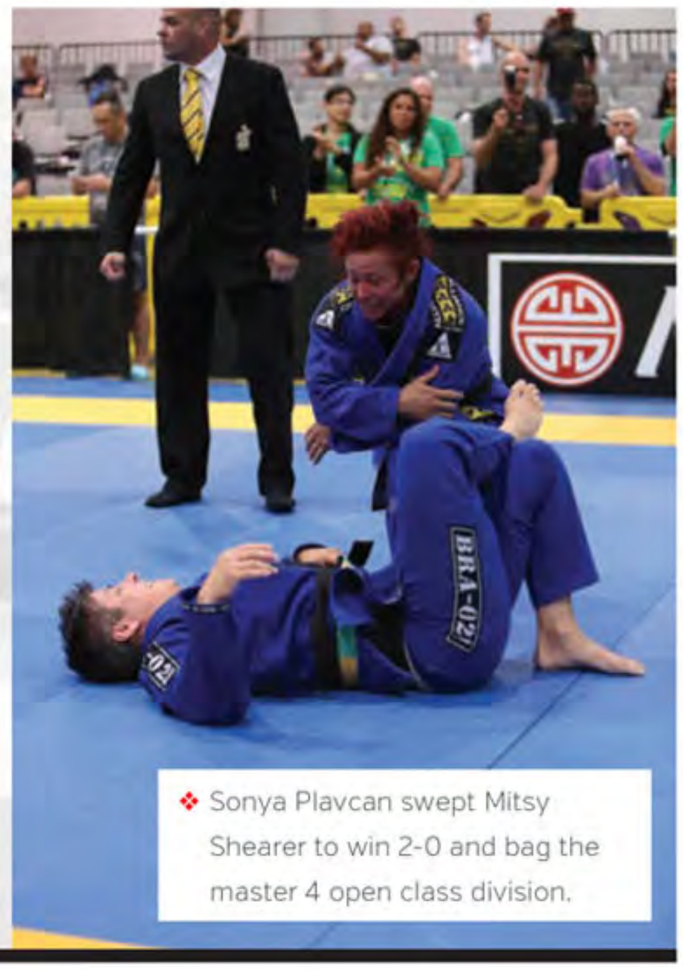
❖ Another great story of the day was the return of Carlson Gracie Jr. He had two matches in the Master 4 Medium Heavy Division. First he beat, but then lost, to Eduardo Rocha. Carlson celebrated the return and the greater meaning of it for his team: "My students loved it. They were a big incentive for me. I hope I can compete again after this one. My first match went well and I was able to make my game work. My second match was against a tough opponent that was able to neutralize my guard. This is also a celebration of the 10th anniversary of my father's passing and we're able to gather the largest group of people under the Carlson Gracie banner. On to the next one."

❖ In the Open Class Divisions, Roberto Godoi won the Master 3 using his preferred "Godoi choke" to finish Cristiano Lazarini.

❖ In Master 4, Carlos Terrinha got out of a tough spot when he found a leglock using his opponent's crossed hooks while on Terrinha's back.

❖ Wellington "Megaton" Diaz needed only one advantage to beat Evaldo Lima in the Master 5 Open Class.

❖ Among women, Jennifer Whitcomb beat Jennifer Russell by split referees decision for the Master 3 Open Class Gold Medal.



❖ Sonya Plavcan swept Mitsy Shearer to win 2-0 and bag the master 4 open class division.

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5 Tips for Better Private Lessons

WORDS: **MARSHAL D. CARPER**

IN THE LAST FEW YEARS, I'VE RECEIVED THE UNIQUE COMPLIMENT OF STUDENTS ASKING TO TAKE PRIVATE LESSONS FROM ME. THIS STARTED AT PURPLE BELT, BUT EVEN NOW AT BROWN BELT, SOMEONE REQUESTING EXCLUSIVE TRAINING TIME WITH ME IS FLATTERING. As is usual for teaching, I often feel as though I get more out of the lessons than my students do, and one of the big insights I've had is that how you approach a private lesson as a student can dramatically affect what you get out it.

For most of us, private lessons are a rare luxury. They tend to be fairly expensive, especially on top of your usual cost of gym dues, gas, and other real life responsibilities, like clothing your children. When you take a private lesson, you should make that lesson count and get as much as you can from the experience.

MIND GAMES

BASED ON MY EXPERIENCES AS AN INSTRUCTOR AND AS A STUDENT, TRY THESE TIPS:

» **Enter the lesson with a flexible agenda.** One on one time with an instructor is a rare resource, so have a starting point in mind for your lesson, but also be open to the instructor's recommendations. You might think that you are trying to solve a specific problem or that a particular technique is the next big thing for your game, but your instructor's big picture perspective could give you something more useful if you keep your mind open.

I'd take a private from any of those three. That sounds bad doesn't it?

» **Beware of open-ended private lessons.** Plopping down in front of your instructor and asking, "What do you think I should work on?" is tempting, but it can put your instructor on the spot in an uncomfortable way if you don't give him or her advanced notice. Private lessons are draining to teach. Putting the entire direction on your instructor could lead to you getting a "move of the day" lesson, which won't give you the personalized instruction you are really looking for. If you don't have an idea of where to start, ask your instructor to roll really light for 15 minutes to identify some holes in your game, but again, ask ahead of time to see if that is okay.

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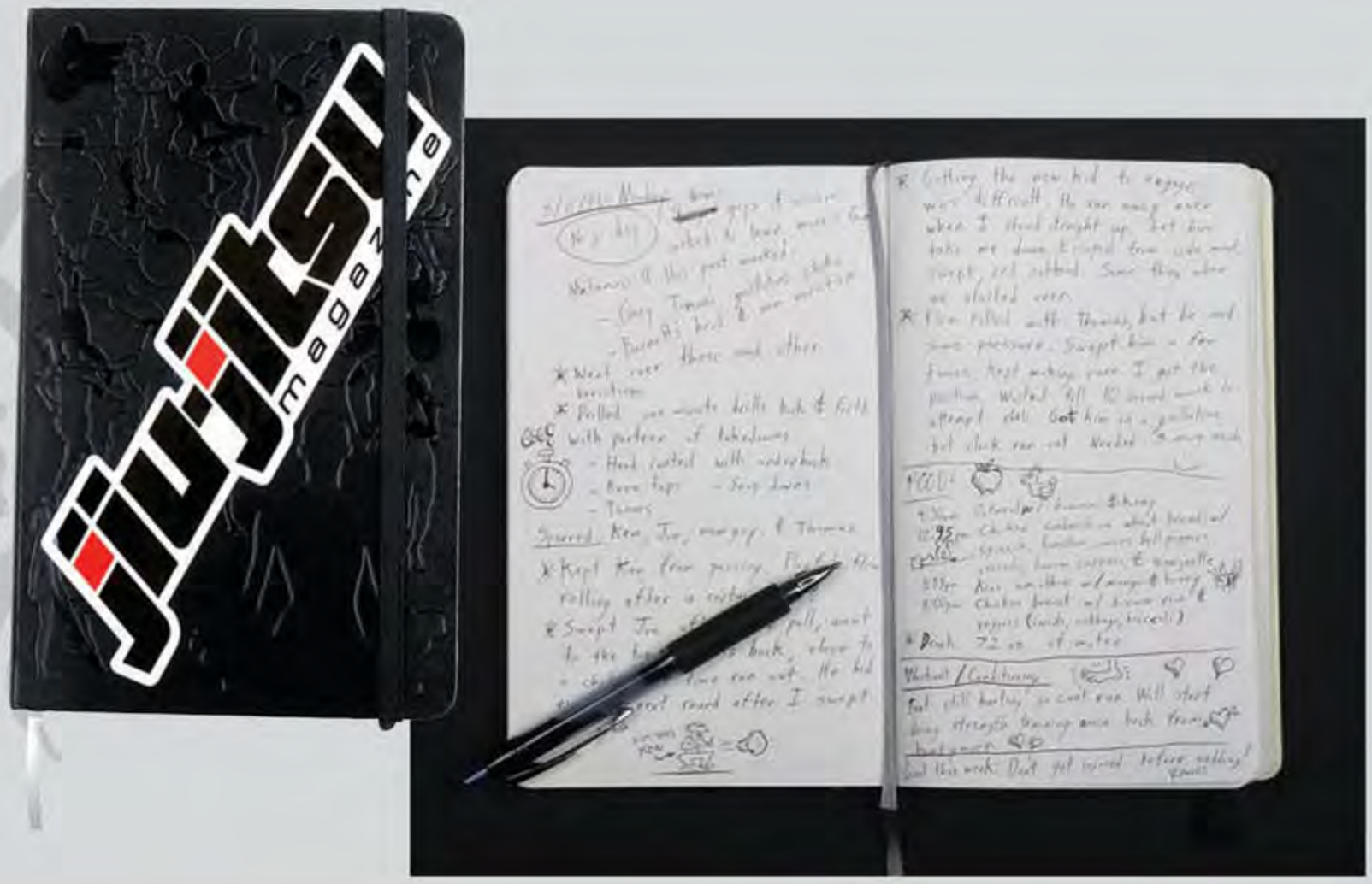

As the lesson winds down, ask for a recap of what you covered, and when the session ends write down as many details as you can about what you learned. Too many students immediately forget 55 minutes of their hour long lesson. Taking notes can help guard against that. You could also ask your instructor to video the techniques you covered, but that's an iffy area for a lot of instructors, and in my experience, the students that do video recordings don't have any better retention than the ones who take notes.

Taking the initiative to sign up for a private lesson means taking charge of your training and your learning. To really see results, that initiative should include follow through. After your lesson, plan to drill what you covered for at least a month and actively pursue those techniques in your rolls. When you take the next private lesson, you can build on what you've refined and troubleshoot the problems you ran into in a more constructive manner.

Quantity is not a good measure of value. You might be tempted to cram as many techniques into a private lesson as possible, but your long term return will be greater if you walk away with three or four (or even less) techniques that you understand thoroughly and can actually apply. If you don't feel like you understand something, say so. Ask questions, and request to drill the move a few extra times to get feedback (most instructors will do this by default). The instruction that you get mid-drill can often be the most helpful, so avoid the temptation to rush on to the next move.

MIND GAMES

Every student should treat themselves to private lessons on a regular basis. For much of my grappling career, I was broke, so that regular basis was once a year for me, but if you can afford to take them monthly or quarterly, you will see very real results in your performance and in your learning, especially if you take the time to wring every drop of value from your lessons with these tips.

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JIU-JITSU TRIAGE

What's in the Medic's Bag?

WORDS AND PHOTOS: **MIKE VELEZ**

IN JIU-JITSU, WE DO OUR BEST TO AVOID INJURY. FOR MANY GRAPPLERS THE THOUGHT OF SUSTAINING AN INJURY EITHER ON OR OFF THE MATS DOESN'T BRING UP THE FEAR OF PAIN BUT RATHER THE FEAR OF BEING OFF THE MATS FOR A PROTRACTED PERIOD OF TIME. When that injury happens in competition, it's nice to know that there is a trained medical professional there to help you take care of your injury. Both for the immediate needs of properly assessing the injury, providing some treatment, and also not making any mistakes that might make the injury worse. At the IBJJF Masters Worlds, we got a glimpse behind the curtain, so to speak, with Chris Ingstad. Chris is a physical therapist and athletic trainer that works for Kreiswirth Sports Medicine Systems. They're the guys and girls in the red shirts you see at the biggest IBJJF tournaments like the Pans, Worlds, Nationals, and others. Chris showed us what type of equipment or gear they use to treat injuries at a tournament. It might be a good idea to have your academy stock some of these items so that at least they're handy should the need arise one weekday evening.

THE INJURIES

I've witnessed firsthand some serious injuries at competitions. On at least one occasion, I can remember paramedics and an ambulance were called to the mats. Thankfully, that's a rare occurrence. According to Chris, the most common injuries are things like ligament injuries, muscle and tendon problems, bleeding, lacerations (cuts), and contusions (bad bruises). The following are the most common items that Chris and his team keep on hand to treat these types of injuries.

» THE GEAR «

PLUNGE-IT AND GAUZE

A Plunge-It, also known as Nosebleed Plugs, is an extremely absorbent cotton swab that can be placed inside someone's nose or into a deep cut. For this same purpose, absorbent gauze is common along with lots of pressure to help control bleeding. As for competition, if a competitor is bleeding medics have no more than 2 minutes to contain and stop the bleeding; otherwise the competitor cannot continue. In the 13 years that Chris has been treating athletes at tournaments, he's never had a competitor lose a match because of a cut they couldn't stop. Although he didn't show them in the photo, the crew always uses safety gloves when working with anyone that's bleeding.

ELASTIKON BANDAGE TAPE

This is that stretching tape that sticks to itself. It's great for keeping gauze in place or giving an even amount of compression around an injury.

PRE-WRAP

Chris is being nice when he uses this stuff. This is a foam pre-wrap that he can use between the bandage and the body so that if the athlete is on the hairy side they don't get a Brazilian bikini wax when it comes time to remove the bandage.

ATHLETIC TAPE

Inch and a half athletic tape is pretty standard and can be used for many, many things. It can be used to wrap ankles, wrists, fingers, and anything you can think of like that. Torn down to thinner strips, this can be used to help prevent injury to your hands or fingers, but when used in a triage situation, it can temporarily provide support until further medical exams can be completed to rule out a more serious injury.

ELASTIC-GUARD STRETCH TAPE

This is a specialty tape that was used quite a bit on this weekend at the Masters Worlds. It's very adhesive and stretches one-way but not the other. It's great for LCL and MCL knee ligament sprains. The one-way stretch aspect makes it great for stabilizing ligaments.

BANDAGES

No first aid kit would be complete without bandages. Chris keeps a variety on hand for any needs that pop up. Spectators seem to ask for these more often than the competitors.

KINESIO TAPE

Kinesio tape, like the Rock Tape shown, has a number of benefits. We did an entire article on using Kinesio tape for supporting and stabilizing joints and muscles while helping to improve circulation to the area. We've seen dramatic effects on some bad bruises treated with Kinesio tape. Chris has been using it quite often to patch up bruised ribs. If you've ever had a rib injury, then you know they suck. They take forever to heal and can sometimes hurt pretty bad. Chris will place the tape in a cross section over the rib injury. This gives the ribs some support without having to wrap the entire torso.

PLASTIC WRAP

Yes, it's basically Saran Wrap with a cool application tool. This is used to wrap an ice bag to an area of the body. It's easy to use and super convenient.

STERI-STRIPS

If someone gets a bad cut, especially over the eye, and it's not big enough for stitches, Chris and his team will clean the wound and dress it with a Steri-Strip. It can treat a small cut or tide you over until you can get to the doctor for some stitches.

TUF-SKIN

At a jiu-jitsu tournament, the athletes needing medical attention are usually pretty sweaty. Tuf-Skin is an adhesive that's sprayed over the area needing attention and helps the tape or bandage adhesive stick to that sweaty skin.

CINDER SUDS

Think of soap in a can. If anyone comes in with some bad mat burn or any kind of bleeding, they'll use this to clean the area. It's a topical spray to help clean up and help prevent any bacteria in the area from taking hold.

SKIN-LUBE

As you can see from the photo, this stuff gets lots of use. It's basically a thicker version of Vaseline. Whenever someone comes in with a cut, it's used to help prevent any further bleeding from happening and acts as a barrier to keep any bacteria from getting into the cut.

ICE

No athletic sideline would be complete without plenty of ice. If someone was in need of fluids and vomiting was an issue, they could be given crushed ice. But more commonly, ice is used in a bag to be placed on the injury to help prevent swelling and inflammation as well as treat pain.

There you have it. If you've ever wondered what was in the bag when the medic runs out to treat an injured competitor, now you know!

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STRENGTHENING YOUR NECK

WORDS & PHOTOS **WILL SAFFORD**

NECK TRAINING IS AN OFTEN OVERLOOKED ASPECT OF A COMPLETE STRENGTH AND CONDITIONING PROGRAM FOR JIU-JITSU. IT'S NOT A GLAMOROUS GROUP OF MUSCLES, BUT THEY'RE CRUCIALLY IMPORTANT FOR THE ATTACKING, DEFENDING, AND TRANSITIONAL ASPECTS OF GRAPPLING. In a sport that requires the entire body to work together, having a weak link in the chain, like your neck, will eventually lead to problems down the road. A strong neck will help you maintain posture and position, allow your head to act as an extra limb for base and control, and will add to submission defense and injury prevention.

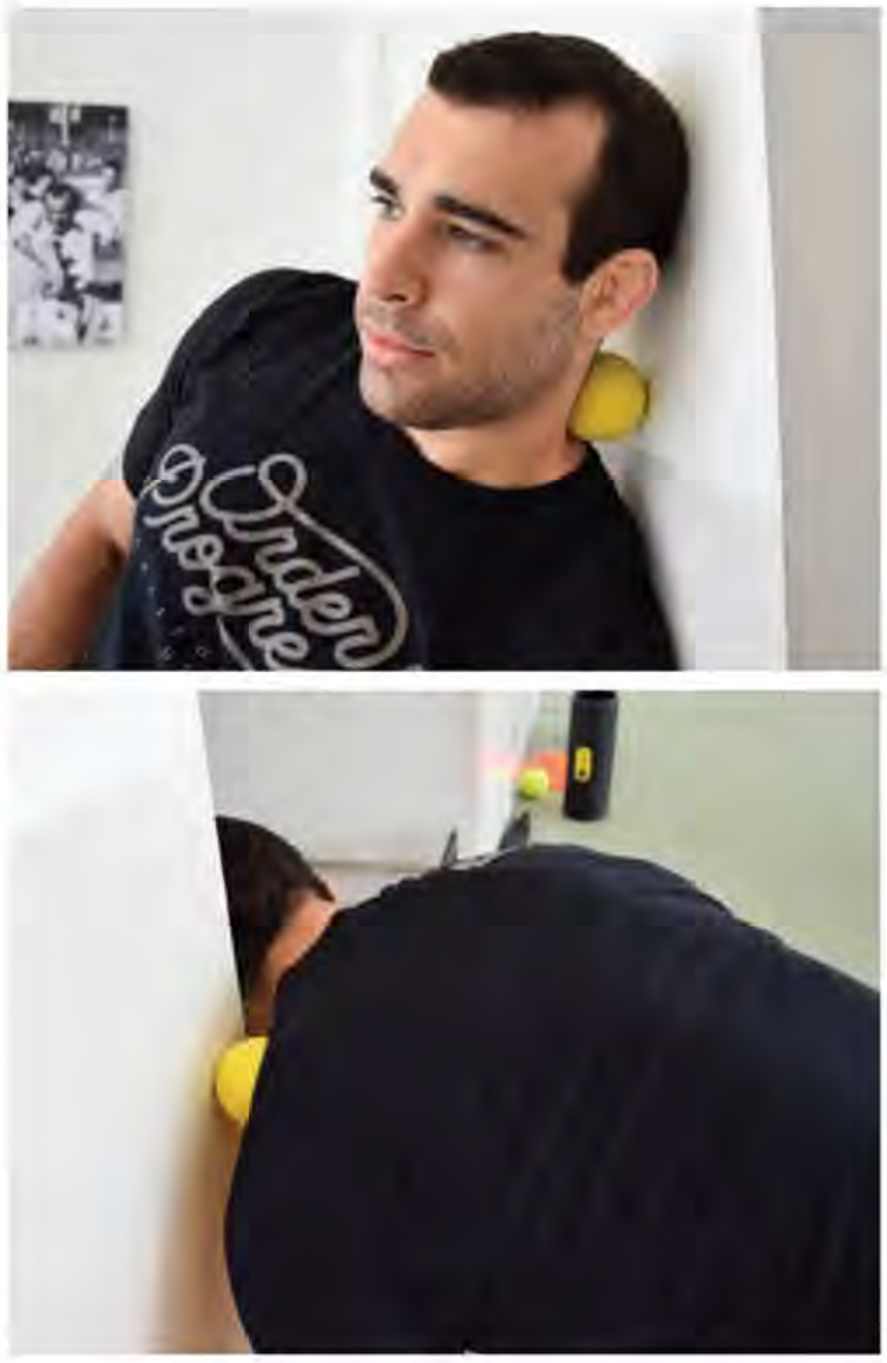
Many of today's modern guards require you to invert, spinning upside down on your upper back and neck. Inverted guards and Berimbolo back-takes both demand a strong, flexible neck. Even if you don't play these guards, sooner or later you'll find yourself in a compromised position, either posting on your head, defending your neck, or just maintaining your head up off the mat for an extended time. A complete neck training program develops mobility in the joints and tissues, stretches the muscles, and strengthens all angles of your neck and cervical spine.

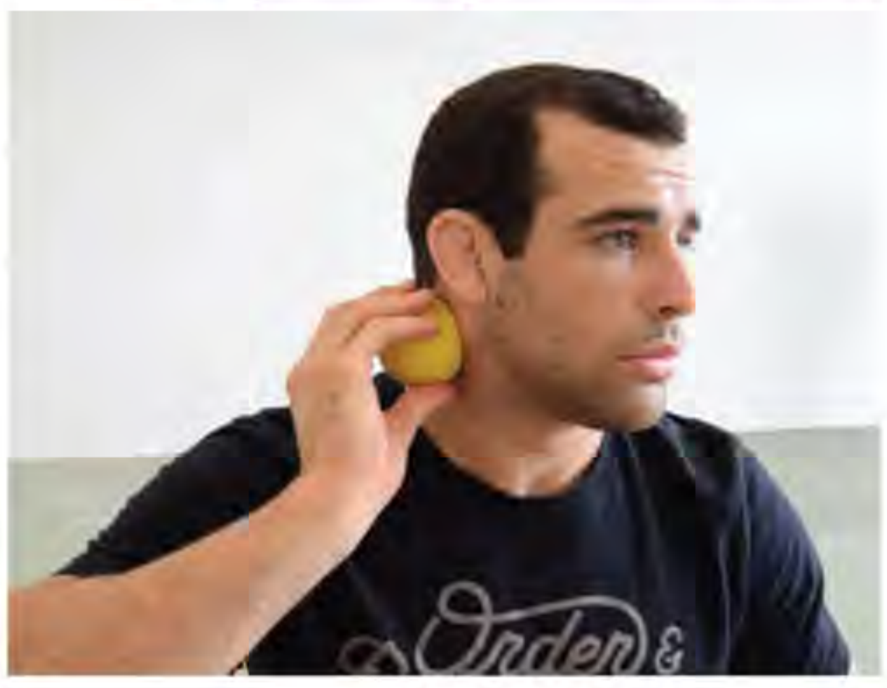
» MOBILITY

The neck is an extremely vulnerable area of the body; that's why we attack it in jiu-jitsu with chokes and cranks. It's the part of your spine most susceptible to injury, but also the most mobile and should have the greatest range of motion (ROM). If you lack ROM, you'll increase your chances of injury and have a harder time inverting and defending neck cranks.

To improve mobility in your neck, start by working a lacrosse ball over the tissues of the sides and back of your neck. You want to hunt for any areas that are overly tight or painful, eventually working down into your traps and upper back. All of these muscles tie into a common area, so it's important to work below and around the neck. Spend at least three minutes rolling out your neck muscles. Take a look at the photos for some ways to get into those tough areas.

After you've done the soft tissue work, increase your range of motion with the following neck mobility drills. These drills are dynamic exercises that gradually increase your ROM just millimeters at a time. They work to flush the area with blood (nutrients), break up tight tissue, and strengthen the surrounding muscles. You want to try to squeeze out just fractions of more mobility with each rep, working through your own tight muscle tissue to gain ROM. Start the exercises slowly, then work up to a fairly brisk speed for each rep.





NODS

Start by trying to touch your chin to your chest. Hold for a moment at the bottom while feeling the stretch in the back of your neck. Then lift your head up, trying to squeeze the back of your head into your traps. Repeat nodding up and down, trying to move from just the upper vertebrae in your neck.

NO'S

With a tall, upright neck, turn your head as far as you can to the left. Once you've reached your endpoint, turn your head as far as you can to the right. Continue squeezing out extra range of motion with every rep while keeping a tall, long neck.

TILTS

Start by tilting your head so the back of your head drops to the left and your chin turns up to the right. You are not simply dropping your ear to your shoulder, but rather turning and tilting your head at the same time. Continue by then turning and tilting your head so the back of your head drops to the right and your chin turns up to the left. Repeat this motion for reps.

NECK INFINITY

Think of drawing an infinity sign with your nose to work all angles of your neck. Turn your head up and to the left, then arc it down to the left. Bring your head up through the middle to the right, then arc it down to the right and back up through the middle to the left. You want to make a big sweeping infinity sign, working out any tight spots in your neck. It's normal to hear popping and grating during this movement and continue as long as there is no pain.

» FLEXIBILITY

Overly tight tissue in your neck can lead to chronic pain and alignment dysfunctions like Forward Head Posture, an issue where your head juts forward, putting pressure on the cervical spine. Be sure to stretch your neck after training and occasionally throughout the day. You can use static stretches where you hold a stretch for a period of time, generally 30 seconds, or PNF stretching, which is more advanced.

Proprioceptive Neuromuscular Facilitation (PNF) is a set of stretching techniques used to increase ROM. The hold-relax method of PNF requires you to passively stretch a muscle to its endpoint, then contract the muscle at around 30% for 6 seconds, followed by a deeper passive stretch at a greater range of motion. The contraction of the muscle at its endpoint allows the muscle to override its protection mechanisms and relax for a deeper stretch.

» NECK STRETCHES «

FLEXION

Drop your chin down to your chest and clasp your hands on the back of your head. Gently pull your head down, feeling the stretch in the back of your neck. For a static stretch, hold for 30 seconds, allowing the muscles to relax. For PNF, find the endpoint of the stretch, then using the muscle of your neck, drive your head back into your hands hard for 6 seconds then release. After the 6 seconds you should be able to pull your head down a bit further, and continue to stretch for another 20 seconds.

EXTENSION

Lift your head up and extend backward as far as possible. Place your hands together and under your chin and gently push your head back, stretching for 30 seconds. For PNF, at the endpoint of your stretch, press your head down into your fingers for 6 seconds. After you relax, find your new endpoint and stretch for another 20 seconds.

LATERAL FLEXION

Drop your ear toward your shoulder and place one hand on the top of your head. Gently pull your head further toward your shoulder for a minimum of 30 seconds. For PNF, at your endpoint, drive your head into your hand for 6 seconds then relax. Then gently pull your head down into a deeper stretch for another 20 seconds.

» STRENGTH ENDURANCE

The musculature of your neck is meant to stabilize your head and spine for long periods. This means it responds best to strength endurance training. To develop strength endurance, focus on sets of 20 reps or above, or isometric contractions of at least 10 seconds. It's important to train all angles of the neck, as you'll need strength in all directions on the mat.

LYING NECK FLEXIONS

Lie on your back and pull your knees to your chest, wrapping your arms around them. Using the muscles of the front of your neck, lift your head up off the ground, trying to touch your chin to your chest. Begin the movement from this position, then allow your head to drop back. Again, using the muscles on the font of your neck, pull your chin to your chest for repetitions.

LYING NECK EXTENSIONS

Lie on your stomach with your arms stretched overhead in front of you and legs stretching down. Your hands should look as if you're diving into pool and you want to maintain a long body, stretching in both directions throughout the entire exercise. Lift your head up, driving the back of your head into your traps. Drop your head back down and continue to lift up nd down, working the muscles on the backside of your neck.

LYING NECK ROTATIONS

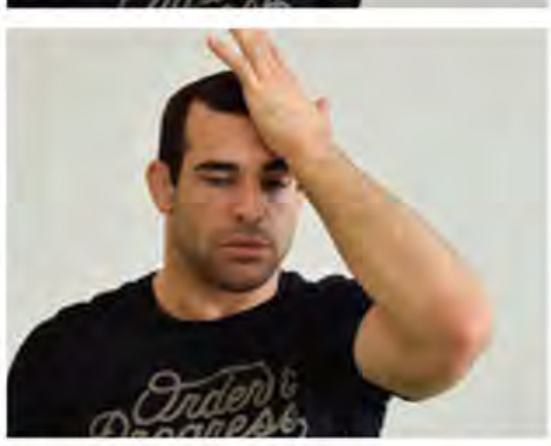
Lie on your back with your legs bent in butterfly position, knees out and the bottoms of your feet touching each other. Lift your head up and crunch your abs, maintaining this tension throughout the exercise. Rotate your head side to side, working the muscles of the front and sides of your neck.

SIDE-LYING LATERAL NECK FLEXIONS

Lie on your side and prop yourself up on your elbow. From this position, allow your head to hang down then using the muscles on the side of your neck, lift your head up as high as possible before allowing it to drop down to the starting position. Repeat this motion for reps and continue on the opposite side.

ISOMETRIC HOLDS

To train your neck with isometrics, use your hands to provide resistance against your head in all directions. For example, to develop the muscles on the left side f your neck, place your left palm on the left side of your head. Without allowing your head or hand to move, drive your head hard into your hand for a minimum of 10 seconds. You can repeat this exercise on all angles of your head and neck.



BANDED GLIDES

Loop a flat band around your head, holding the ends together with one hand in front of you. Drive your head straight backward as far as possible, stretching the band in the process. Continue this motion of driving your head backwards and returning to the start for repetitions.

Neck training can be done as its own workout or you can add neck exercises between sets of other exercises during your regular workout. The best strategy for a neck workout is to mobilize first, then strengthen, followed by stretching. To prepare your neck before training jiu-jitsu, start with mobilization drills, then stretch after class. For many of the mobility and strength exercises, try to work up to 50 or even 100 reps of each exercise over time.

NECK WORKOUT 1

Lacrosse Ball - 3 minutes

MOBILITY:

Nods – 20 reps
No's – 20 reps
Tilts – 20 reps
Neck Infinities – 20 reps

STRENGTH:

Lying Neck Flexions 30 reps
Lying Neck Extensions 30 reps
Lying Neck Rotations 30 reps
Side-lying Lateral Neck Flexions 30 reps per side

FLEXIBILITY:

Static Flexion – 30 seconds
Static Extension – 30 seconds
Lateral Flexion – 30 seconds per side

NECK WORKOUT 2

Lacrosse Ball - 3 minutes

MOBILITY:

Nods – 20 reps
No's – 20 reps
Tilts – 20 reps
Neck Infinities – 20 reps

STRENGTH:

3 rounds of 10 second Isometric holds:
Front
Back
Left Sid
Right Side

2 sets of 20 reps
Banded Glides

FLEXIBILITY:

PNF Stretches - Find endpoint, contract for 6 seconds, stretch at new endpoint for 20 seconds.

PNF Flexion.
PNF Extension
PNF Lateral Flexion

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DARCI OMORI

SUCCESS DOESN'T ALWAYS MANIFEST ITSELF IN THE SAME WAY FOR EVERYONE. USUALLY THIS PAGE IS OCCUPIED BY SUCCESS STORIES FROM PEOPLE JUST LIKE YOU AND I THAT HAVE USED JIU-JITSU TO CREATE A HEALTHIER PHYSICAL AND MENTAL LIFE FOR THEMSELVES. Oftentimes, this success looks like huge amounts of weight loss and body transformation. This month's story is a little different. This was a Facebook post made not long ago by Darci Omori. She's a ballerina turned grappler that found success by becoming comfortable in her own body through jiu-jitsu.

"Anyone who's been around me in the past year is probably tired of hearing about jiu-jitsu. I am fully aware that I am a total f---ing nightmare if you get me started on the topic, and these days I try to limit myself to, 'It's a beautiful sport and I think everyone should do it' when it comes up. But here's the thing: I've been reading a lot of articles and hearing a lot of talk about jiu-jitsu as a tool for overcoming anything from psychological and emotional hurdles to addiction. The sport is relatively young, and I haven't really come across any long-term or particularly scientific studies, but people seem pretty convinced that there's some sort of link there, and there are more than a few theories floating around on what that link is and why.

I have a few theories of my own, most of them being rampant speculation, but here's a personal experience that you never asked for.

Jiu-jitsu has made me comfortable in my own body. I've always been thin, but I haven't always been healthy. I had a pretty rocky point between the ages of 18 and 20 where I was your typical teenage ballet cliché. I weighed and ate too little, sought professional intervention, then started eating again. I threw out my scale. I accepted that I would never be a person who could look in the mirror and judge my body objectively. I reasoned that you could recover from whatever chic eating disorder you might have, but the best you could do with body dysmorphia is learn to override it. On any given day, despite being the exact same as the day before, I would see anything from an out of shape blob to an emaciated waif. Recovery meant reminding myself that my clothes fit the same way as they did the day before, and that I was a logical person who knew better than to trust how I felt about my appearance.

But then jiu-jitsu happened. I started cutting 2-3 pounds to make featherweight. I know this sounds like as good of an idea as a recovered alcoholic having some casual drinks, but I was over a decade in the clear, and it was mostly water. My exercise increased so much that after a couple times, I stopped having to cut to make feather. I was about 125 lbs, which was the high end of my healthy ballet weight. I caught the flu before Pans and dropped down around 121. I was too small. I felt weak. I injured my rib and both ankles. I resolved to put some weight back on, and got back up to 129, but when it came time to cut the couple pounds again recently, my body composition had changed. All the jiu-jitsu had made my body a lot leaner. I tried to start the cut, but there wasn't enough fat or water. A week in, I started feeling really depressed for what seemed like no reason. I felt weak again. I felt on the verge of reinjury everyday. I started playing really cautious jiu-jitsu. I was hungry. So after training a couple weeks ago, I ate some crappy takeout ginger beef and white rice and immediately felt my mood lift. M head was clearer. I decided I didn't want to feel like crap anymore. And despite having a body that wasn't inclined to put on weight, even in the few odd moments I'd wanted it to, I resolved to move up a weight division. I texted a few trusted friends and told them if I ever told them I was cutting weight again to flip the table on me (I have good friends).

Like I said, my body has changed a lot since starting jiu-jitsu. Putting on a considerable amount of lean weight in a short amount of time has actually been pretty easy. I'm not constantly worried about getting injured anymore. I'm not sure how much of that is actually being physically stronger and how much is just the idea of being stronger, but I'm having more fun in training. I'm playing more aggressively. I signed up for like... every comp despite being a new blue belt because I have a renewed drive to push myself. But as another serendipitous side effect, there's this: When I see people who haven't seen me in a while, they tell me I look jacked and I beam with genuine happiness. At some point in the last couple weeks, without realizing it until now, I've started looking in the mirror and seeing someone who looks good and strong. Jiu-jitsu helped me finally overcome body dysmorphia. Or maybe the Noodle Box did. Whatever. Jiu-jitsu is a beautiful sport and I think everyone should do it."

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